



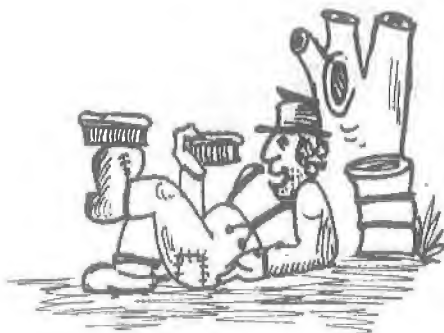
ASHBURTON COLLEGE



COMPUTER RECIPE BOOK

COMPUTER RECIPE BOOK

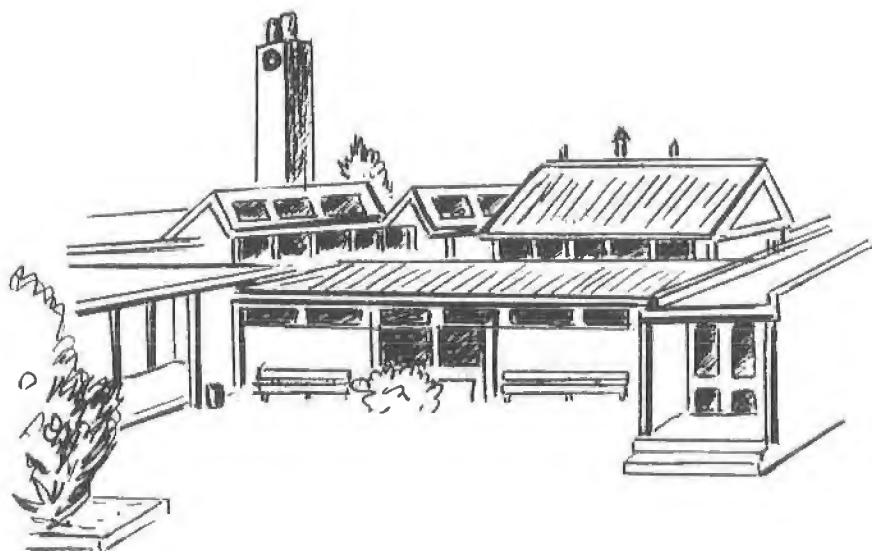
*To Err is
Human
To really foul
things up
requires a
COMPUTER*



**A donation of 500 recipes from the
families of
ASHBURTON COLLEGE**

(Proceeds to the Computer Laboratory at Ashburton College)

Published by the Ashburton College PTA
Ashburton
New Zealand
1984



CONTENTS



FOREWORD	4
METRIC MEASURES	6
SOUPS	8
FISH	16
EGG AND CHEESE DISHES	24
CHICKEN	40
MEAT	48

VEGETABLES	68
SALADS	76
DRESSINGS	84
DESSERTS — Cold	88
DESSERTS — Hot	98
AFTER DINNER SWEET NIBBLES	110



DRINKS	116
HEALTHY FOODS	122
MICROWAVE	138
BISCUITS	150
SLICES AND SQUARES	156
SMALL CAKES	166
LARGE CAKES	174

*I guessed the pepper — the soup was too hot,
I guessed the water — it dried in the pot,
I guessed the salt, and what do you think,
We did nothing else all day, but drink.*

*I guessed the sugar — the sauce was too sweet,
And so by my guessing, I spoiled our treat,
And now I guess nothing, for cooking by guess,
Is sure to result in a terrible mess.*

Anon

This book has been compiled from many recipes submitted by students and parents. There is a wide choice: for family, for friends, for teenagers to cook, for adults to poach. Some are made in a few minutes, others in a few days. All will need careful reading. The number of recipes has made it impossible for each to be tested. We trust that people have contributed their own well-tried and favourite recipes.

Our thanks to those who have helped in many ways with the production of this book especially the art, commerce and maths departments and community division. May it become the favourite on your shelf.

Anthony and Jane Taylor
Co-ordinators

*Good cooking
Regards
Anthony
Jan 85.*

Once again the Ashburton College PTA has much pleasure in offering a recipe book to Families, friends and the Community. This 1984 edition includes old favourites and exciting new recipes. We hope you will be tempted to try many of them and experiment with the modern cooking methods. It is always fun to try something new and interesting.

The PTA is grateful to Dr Anthony Taylor and his team for the many hours they have spent compiling this collection.

The publication and sale of this book is another of the fundraising projects that enables us to assist with the purchase of special equipment for the College. We are hoping to make a substantial donation for the Computer System with these proceeds.

Happy Cooking to one and all.

Jeanette Tarbotton
President

METRIC MEASURES

If you are to be a proficient cook you must never mix your measuring systems. We accepted the challenge of one contributor who wrote that she "still used old pounds and ounces and someone more knowledgeable of metrics might like to convert." We have forced metrication upon you. Converting recipes with total accuracy can reduce the calmest of knowledgeable people to a trembling mass. The accurate conversion of 1 lb is just a little less than 450 g but it is commonly replaced with 500 g in many Australasian cookbooks.

Ingredients vary in bulk. Every cook has their individual method. When you measure a cup do you toss lightly or pack the ingredient? The following charts are supplied as a guide.

Symbols used in the book

c	cup	g	gram
T	tablespoon	kg	kilogram
t	teaspoon	mm	millimetre
ml	millilitre	cm	centimetre
l	litre	°C	degree Celsius
		°F	degree Fahrenheit

Temperatures

Fahrenheit units are included in parenthesis through the text to assist those people with only Fahrenheit scales on their stoves.

	°C	°F
Very cool	110-140	225-275
Cool	150-160	300-325
Moderate	180-190	350-375
Hot	200-230	400-450
Very Hot	250-260	475-500



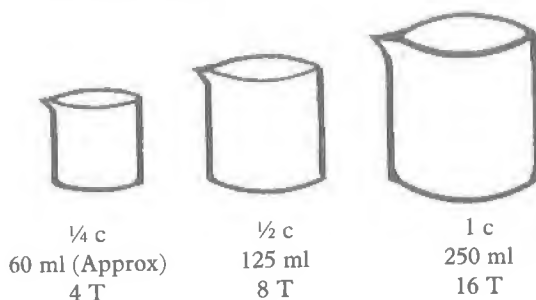
Reminders

1000 g = 1 kg
1000 ml = 1 l
10 mm = 1 cm

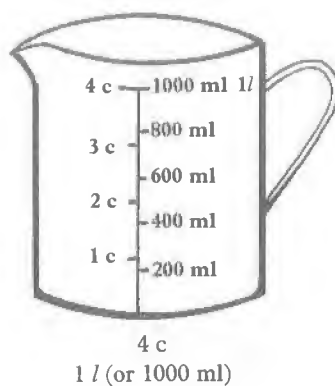
Metric Kitchen Measures

1 T = 15 ml
1 t = 5 ml

Measuring Cups



Measuring Jug



Weights and measures of butter, flour and sugar.

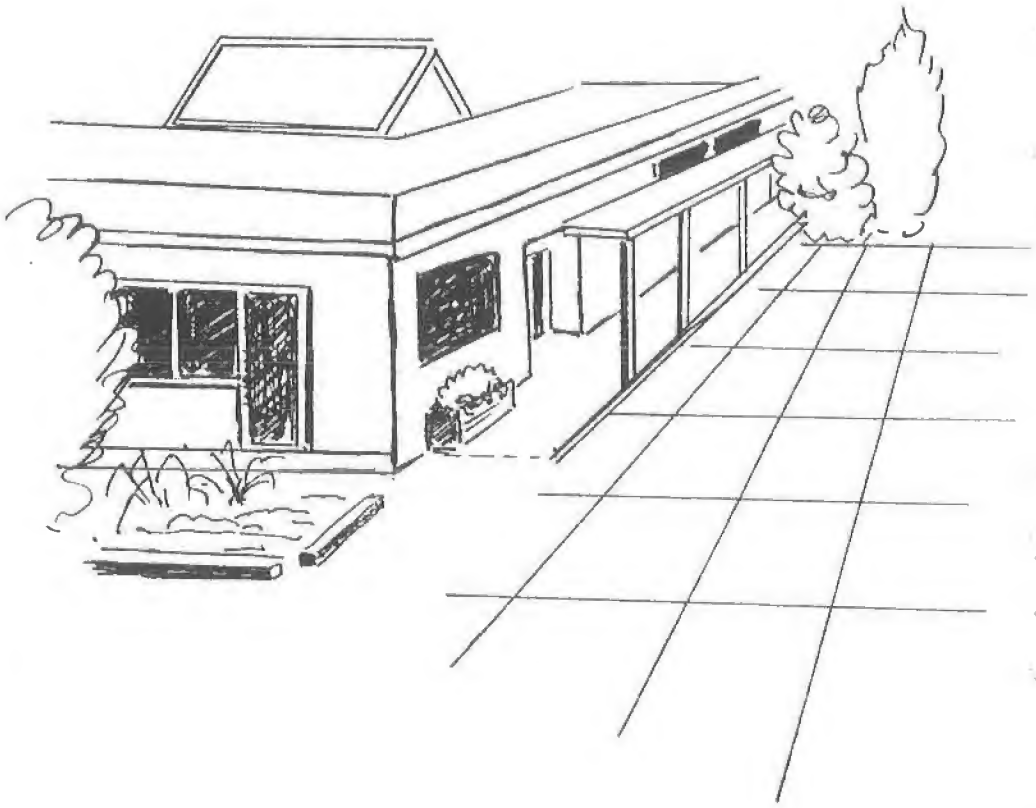
Butter and Sugar

1 c = 250 g
1 T = 15 g
1 t = 5 g

Flour

2 c (sifted) = 250 g
2 T = 15 g
2 t = 5 g

SOUPS



Chick Pea Soup
Chinese Long Soup
Cock-A-Leekie Soup
Cold Borsch Soup
Cold Cucumber Soup
Cream of Carrot Soup
Cream of Carrot and Tomato Soup
Cream of Spinach Soup
Curry Soup
Dutch Pea Soup
Fresh Tomato Soup

Lentil Soup
Lettuce Soup
Oyster Soup
Pork, Pea and Egg Soup
Potato, Onion and Bacon Soup
Pumpkin Soup
Pumpkin Vichyssoise
Swede Soup
Torator Soup
Vichyssoise



CHICK PEA SOUP

250 g chick peas
3 or 4 lamb shanks
¼ t curry powder
¼ t mixed spice

3 medium onions
juice of 1 lemon
¼ t turmeric
salt to taste

Cover peas with cold water and allow to soak overnight.

Using a large soup pot add soaked peas (discard any water left) and about 3 litres of water. Bring to boil then simmer until tender (approx. 2 hours depending on quality of peas). In another pot brown chopped onions and lamb shanks gently. Add spices, fry a few minutes longer, then add enough water to cover meat. Simmer until tender. When both meat and peas are tender put meat together with peas in one pot. Add salt to taste and juice of lemon and allow to simmer another ½ hour so that flavours will combine. Check again for salt.

Serve with hot crusty bread, and if a side salad is prepared too this is almost a meal in itself.

NB. Chick peas (sometimes called Garbanzo Peas) can be bought in health food shops. Never add salt whilst cooking them, only when you have test them to see if tender. Lamb shanks may be substituted with any other cuts of lamb if desired.

CHINESE LONG SOUP

25 g lean pork
8 shallots or 4 onions
salt
1.5 l chicken stock

¼ cabbage
1 T oil
100 g egg noodles
1½ T soy sauce

Cut pork in shreds. Wash shallots and cabbage and slice finely. Heat oil in large saucepan. Add pork and cabbage. Fry quickly a few minutes, stirring constantly. Add stock and seasoning. Bring to boil, reduce heat, add shallots and simmer 10 minutes. Serve soup, poured over 1 spoonful of cooked noodles in base of each bowl.

COCK-A-LEEKIE SOUP

3 medium leeks
1 l water
1 clove
3 peppercorns
1 leg diced cooked chicken
150 ml cream

1 chicken stock cube
1 t salt
blade mace
Sprig parsley
50 g rice

Shred leeks including about 5 cm of green. Put in saucepan with stock cube, water, salt and bouquet garni (1 clove, blade mace, parsley, 3 peppercorns tied in muslin bag). Cook until leeks are tender. Add rice and chicken and simmer for 20 minutes. Remove bouquet garni. Remove from heat and stir in cream.

COLD BORSCH SOUP

500 g fresh beetroot	1 small onion
1 l chicken stock	1 T sugar
1 T lemon juice	1 t salt
sour cream	

Peel beetroot and onions and cut into 1 cm dices and cook in chicken stock. Drain, reserving the liquid. Cool and liquidize with a little liquid in blender. Add remaining liquid, sugar, salt and lemon juice.

Chill well. Serve with a spoon of sour cream on top.

COLD CUCUMBER SOUP

2-3 cucumbers	1 onion
25 g butter	1½ c chicken stock
1 T flour	½ c sour cream
salt and pepper	few sprigs mint

Peel one or two of the cucumbers and chop roughly. Peel and chop the onion. Heat butter in saucepan. Add prepared cucumber and onion and fry until tender, but not coloured; about 7 minutes. Sprinkle the flour into the saucepan and cook gently for 1 minute, stirring constantly. Add chicken stock a little at a time and bring to the boil, stirring constantly. Simmer for 30 minutes. Remove from the heat and cool. Pass through a sieve or put in a blender. Refrigerate. Peel remaining cucumber and remove seeds. Grate cucumber. Add to soup with sour cream, mixing well. Season to taste with salt and pepper. Serve chilled garnished with mint.

CREAM OF CARROT SOUP

70 g carrot sliced thinly	¾ c boiling water
1 small stalk celery sliced thinly	¼ t salt
1 small onion sliced thinly	1 T butter
1 T flour	1 c milk
a good shake of pepper	

Garnish:

2 t whipped cream (optional)	2 t chopped parsley
------------------------------	---------------------

Cover the prepared vegetables with boiling water. Add salt, bring to the boil, and simmer until just tender (20-30 minutes).

Make sauce by the Roux method. Puree the vegetables with the cooking water. Mix together the sauce and the puree. Heat almost until boiling point. Top each with a teaspoon of cream and a sprinkling of chopped parsley.

Serve with garlic bread.

CREAM OF CARROT AND TOMATO SOUP

60 g butter	500 g sliced carrots
1 large white onion, finely diced	500 g peeled, sliced tomatoes
salt, pepper and pinch of sugar	4 c chicken stock
½ c cream	

Melt butter, saute onion until golden, add carrot and cook gently until golden. Add tomatoes, stock, salt, pepper and sugar. Cover. Simmer gently for 45 minutes. Sieve or blend. Reheat. Add cream before serving and stir. Serve garnished with 1 t of finely chopped parsley or chives.

CREAM OF SPINACH SOUP

300 g spinach
2 T flour
salt, pepper
pinch nutmeg
1 c cream

2 chicken stock cubes
2 c water
1 small onion
1 rasher bacon
30 g butter

Cook spinach in a small amount of water. Heat butter in saucepan. Saute finely chopped bacon until tender. Put drained spinach, crumbled stock cubes, flour, salt, pepper, water, peeled and roughly chopped onion and nutmeg in blender. Blend on high speed until smooth. Pour into saucepan with bacon. Stir over heat until soup boils. Reduce heat. Simmer 5 minutes. Stir in cream, reheat gently. Serves 4.

CURRY SOUP

1 shin of beef
1 bayleaf
½ T beefstock
2 medium onions, sliced finely
1 t curry powder
3 slices of toast bread

1 l water
½ T salt
3 T butter
5 T flour
2 eggs
1 T butter

Boil shin, bayleaf, salt and beefstock in the water. When meat is cooked, sieve stock and cut meat into small pieces. Brown onions in melted butter and add curry powder. Add flour and add stock gradually stirring well. Beat eggs and put 1 tablespoon in each plate before pouring the soup over. Serve with croutons (1 cm of bread fried in butter).

DUTCH PEA SOUP

2 pork hocks
salt
1 T beefstock
1 smoked sausage (optional)

500 g green split peas
2 leeks, including green, sliced thinly
3 large stems celery, sliced thinly

Boil hocks in large saucepan with enough salted water to cover them. Sieve stock and bring to boil, then pour over peas. Leave to soak overnight. Cook peas until tender, stirring frequently. Add leeks, celery and beefstock to soup, and cook until tender. Add chopped meat from hocks.

Optional: Add 1 smoked sausage when cooking soup, then slice before adding hock meat.

FRESH TOMATO SOUP

1.5 kg skinned ripe tomatoes
1 T sugar
salt and pepper

juice ½ lemon
juice 1 orange

Pulp and sieve tomatoes and mix with orange and lemon juice. Add sugar, salt, pepper. If too thick dilute with white wine and water. Chill and serve with brown rolls buttered with orange butter (orange rind mixed with butter).

LENTIL SOUP

½ c lentils	100 g onions
225 g carrots	100 g celery
2 t instant beef stock	1½ c water
1 T flour	1 T butter
2 cup milk	

Cook all ingredients except butter, flour and milk for 20 minutes. Put through sieve, Vitamiser or Food Processor. Make a sauce, with butter and flour, add milk and bring to the boil.

Add puree to sauce and serve.

LETTUCE SOUP

250 g lettuce leaves	1 small onion
pinch of salt	50 g butter
500 ml chicken stock	1 or 2 egg yolks
500 ml milk	2 T cream

Wash leaves and blanch 5 mins in boiling salted water. Drain and rinse under cold running water. Chop leaves. Peel and finely chop onion. Melt butter and fry onions. Add lettuce shreds saving a few for garnishing. Pour chicken stock over onions and lettuce. Bring to boil and season with a dash of black pepper, castor sugar, grated nutmeg. Allow soup to cool slightly before liquidising. Add milk and reheat, simmer 5 mins. Lightly beat egg yolks with cream. Spoon a little at a time into the hot soup until it thickens. Do not allow to boil. Add garnish and serve with croutons.

OYSTER SOUP

12-18 oysters	3 T butter
500 ml milk	3 T flour
salt and pepper	250 ml fish stock
pinch nutmeg	1 T lemon juice
paprika	whipped cream

Cook oyster beards in butter for 2-3 minutes. Stir in flour. Add milk and fish stock. Bring to boil slowly, stirring constantly. Sieve mixture to remove beards. Add oyster and reheat — but do not boil. Season with salt, pepper, nutmeg and lemon juice. Garnish with whipped cream and paprika.

PORK, PEA AND EGG SOUP

100 g minced pork	½ c peas
225 g tomatoes	2 eggs
salt, pepper	3½ c chicken stock (cubes may be used)
chopped spring onions	

Fry meat in oil, add stock and peas. Boil slowly 10 minutes. Add tomatoes cut in chunks, and boil for ½ hour. Lightly beat eggs and add to soup. Add salt and pepper and chopped spring onions.

POTATO, ONION AND BACON SOUP

$\frac{2}{3}$ c lean diced bacon
6 c chicken stock
 $\frac{1}{2}$ c cream

3 white onions, chopped
4 potatoes, thinly sliced
parsley to garnish

Fry bacon and white onions lightly. Place potatoes and stock on low heat with bacon and onions and simmer gently until completely tender. Blend or sieve mixture when cool. Add cream, reheat, but do not boil. If too thick, add milk to the mixture. Season. Serve with parsley garnish.

PUMPKIN SOUP

500 g pumpkin
pinch mace
 $\frac{1}{2}$ t sugar
500 ml milk
2 t cornflour

1 onion
salt and pepper
whipped cream
parsley

Dice pumpkin and onion. Cover with salted water and cook until tender. Strain some water then mash. Add mace, sugar, pepper. Add milk. Mix cornflour with a little milk and add to thicken soup. Serve with spoonful of whipped cream and sprig of parsley.

PUMPKIN VICHYSOISE

750 g pumpkin
250 g potatoes
3 chicken stock cubes
salt and pepper

2 leeks or 2 large onions
1 l water
1 c cream

Peel pumpkin, cut into small pieces and put into large saucepan. Add sliced leeks or peeled and chopped onions and potatoes, crumbled stock cubes and water. Bring to boil, reduce heat; simmer, uncovered, 25 minutes or until vegetables are very soft and tender. Put into blender. Return puree to saucepan, add cream, salt and pepper. Bring to boil, stirring. Reduce heat simmer further 5 minutes. Serves 6.

SWEDE SOUP

1 swede
2-3 rashers bacon

1 pkt cream of chicken soup
1 onion

Gently cook diced onion and chopped bacon, add to swede and cook swede as usual. Mash or sieve but DO NOT drain off the water. Add 250 ml of thick white sauce. Bring gently to the boil. Serve with cheese rolls or toast.

TORATOR SOUP

$\frac{3}{4}$ c french dressing
salt and pepper
2 T chopped mint

1 c plain yoghurt
2 cucumbers

Combine french dressing, yoghurt, salt and pepper blending well. Stir in diced cucumber. Chill thoroughly and sprinkle with chopped mint.

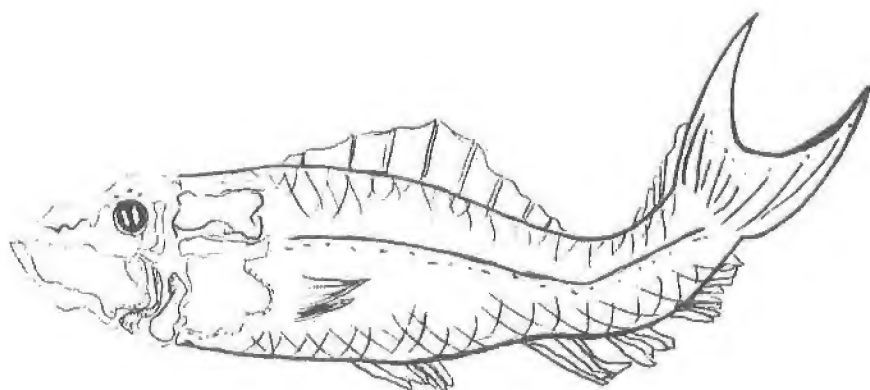
VICHYSOISE

4 sliced leeks
50 g butter
4 c chicken stock
400 ml milk
200 ml cream

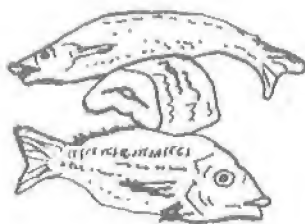
1 sliced onion
5 sliced potatoes
1 t salt
chopped chives

Fry leeks and onions in butter. Add potatoes, chicken stock, salt and bring to boil. Simmer 35-40 minutes, then cool. Blend half the quantity on high speed for 1 minute, then the remaining half. Add milk and half the cream, then season to taste before bringing to boil. Cool then blend mixture again, stir in remaining cream then chill. Sprinkle chives on top before serving.

FISH



Baked Fish Fillets	Prawns in Whisky
Bun Tom (Prawns with rice noodles)	Salmon Loaf
Vietnamese	Salmon Patties
Cod Mornay	Savoury Fish
Fish Casserole	Seafood Chowder
Fish Kebabs	Trout Barbecue
Fish Pie (1)	Tuna Burgers
Fish Pie (2)	Tuna Fish Balls
Fish Puff	Tuna Milando
Herb grilled Fish	Tuna and Potato Pie
Kalamaria Yemista (Stuffed Squid)	
Greek	



BAKED FISH FILLETS

- | | |
|------------------------------------|-------------------------------------|
| 8 medium sized fish fillets | ¼ c sherry |
| salt and pepper | 1 egg, beaten |
| 3 c fresh breadcrumbs | ¼ t thyme |
| ¾ c chopped celery | ¼ c sherry |
| 3 T minced parsley | 2 T butter, melted (second measure) |
| ¼ c butter, melted (first measure) | |

Sprinkle fish fillets with salt and pepper. Put them together, sandwich fashion, with a stuffing made from mixing all ingredients except sherry and second measure of butter. Place fish fillets in a well greased baking dish. Bake uncovered at 200°C (400°F) for 30-40 minutes, basting with sherry and second measure of melted butter until done. Serve garnished with lemon twists and parsley. Serves 4.

BUN TOM Prawns with rice noodles (VIETNAMESE)

The rice vermicelli used in this recipe is a fine noodle which needs only a quick cooking time. It is important to separate noodles quickly in the boiling water and drain immediately.

- | | |
|------------------------------|-------------------------|
| 500 g green king prawns | 2 t chopped mint |
| 1 c shredded lettuce | ⅓ c oil |
| 1 clove garlic | 2 cloves garlic (extra) |
| 1 t cornflour | 50 g raw peanuts |
| ½ c coarsely grated cucumber | ¼ t paprika |
| salt and pepper | 125 g rice vermicelli |
| 3 shallots | 1 t sugar |
| 1 onion | 1 c bean sprouts |
| 1 t fish sauce | |

Sauce:

- | | |
|-----------------|-----------------|
| 1 red chilli | 2 T lemon juice |
| 2 cloves garlic | 2 T sugar |
| 1 c fish sauce | 1 c water |

Shell prawns, split in half lengthwise, remove dark vein. Combine prawns with crushed garlic, cornflour and 2 t of the oil. Season with salt and pepper, mix well, cover, refrigerate 1 hour.

Chop shallots, place in bowl, sprinkle with a little salt. Heat remaining oil, pour over shallots and leave to stand while preparing remaining ingredients. Place peanuts in pan, stir over heat until lightly browned. Place nuts in strainer and press against side of strainer with wooden spoon until red skins are removed. Chop nuts finely. Add vermicelli to pan of boiling water, loosen vermicelli with fork and immediately drain in strainer. Cover with damp cloth for 10 minutes. Divide bean sprouts, lettuce and cucumber between 4 individual serving bowls. Top each with vermicelli.

Peel onion, cut into strips. Drain oil from shallots. Place oil in heated pan. Add onion, extra crushed garlic and toss until onion is transparent. Chop nuts finely. Add prawns and toss quickly until cooked. Add paprika, sugar and fish sauce. Toss quickly. Place on vermicelli and top with reserved shallots, peanuts, mint and a little carrot and onion pickle. Pour boiling sauce over topped mixture.

Seed and finely chop chilli. Combine with peeled and finely chopped garlic and remaining ingredients. Bring to boil. Serves 4.

COD MORNAY

750 g cod fillets, skinned
30 g butter
30 g cornflour
300 ml creamy milk
50 g cheddar cheese, grated
1 t made English mustard

dash of Worcestershire sauce
salt and freshly ground pepper
1 T grated parmesan cheese
1 T dried white breadcrumbs
20 g butter, cut into pieces

Lightly butter an ovenproof dish and sprinkle the base with breadcrumbs. Divide the cod into serving pieces and place in the ovenproof dish.

Melt the butter in a saucepan. Stir in cornflour and cook, stirring constantly, for 1 minute. Gradually stir in the milk and bring to the boil, stirring constantly, until the mixture is smooth and thick. Remove from the heat and add the cheddar cheese, mustard, Worcestershire sauce and seasoning to taste. Pour the sauce over the fish, sprinkle with the parmesan cheese and breadcrumbs and dot with the butter. Cook at 175°C (350°F) for 20 minutes. Serve immediately or can be frozen.

To Freeze: Cool quickly. Wrap in foil, seal and freeze. To Cook: Heat the frozen fish, covered, in oven at 175°C (350°F) for 40 minutes or until heated through. Serves 4.

FISH CASSEROLE

Grease casserole dish.

Layer with the following:

fish

onion rings

tomato slices

salt and pepper

parsley

dry breadcrumbs.

Put lid on and cook 160°C (325°F) for ¾ hour. Take lid off, sprinkle with grated cheese, return to oven to brown. Serves 6.

FISH KEBABS

500 g firm boneless fish fillets
selection of the following:
green or red peppers
pineapple cubes
apple pieces

banana pieces dipped in lemon juice
button mushrooms
tomato pieces
onion slices

Cut fish into 1.5 cm cubes. Thread alternately on skewers with selection of the other ingredients. Place on rack over grill pan or barbecue. Cook kebabs approximately 10 minutes. Turn and brush occasionally with oil.

Serve with french bread or on a bed of rice. Serves 3.

FISH PIE (1)

500 g cooked fish	salt and pepper to taste
1 c rice	1 egg
1 T chopped parsley	1 c milk
1 onion	½ c fine breadcrumbs
2 T lemon juice	25 g butter
½ c chopped mushroom stalks	

Flake fish, and cook rice until tender. Mix together and add chopped parsley, finely chopped onion, lemon juice, mushroom stalks and seasonings. Beat egg and milk together and stir into mixture. Turn into well greased ovenware dish. Sprinkle with crumbs over the top, and dot with butter. Bake at 190°C (375°) for 30 minutes approximately or until crumbs are brown. Serves 6.

FISH PIE (2)

250-500 g cooked fish or tin smoked fish	100g grated cheese
25 g butter	2 or 3 eggs
2 slices bread cut into cubes, minus crusts	1 small onion finely sliced
	1 c milk

Warm milk and butter and add bread, onion, salt and pepper. (No salt if smoked fish is used). Add slightly beaten egg yolks and cheese, chopped parsley if desired. Add beaten egg whites. Place fish in oven dish and cover with above mixture. Sprinkle some cheese on top or lightly crushed cornflakes. Cook 150°C (300°F) for about ¾ of an hour.

FISH PUFF

1 c cooked fish	2 eggs
1 c mashed potato	seasoning
½ c milk	parsley
lemon juice	

Mix fish and potatoes with the milk and seasoning. Stir in 1 beaten egg. Place in a greased pie dish and heat in moderate oven for 15 minutes. Beat egg white stiffly and fold in beaten egg yolk seasoned with salt and pepper. Spread on top of fish and brown in oven. Serve with lemon juice.

HERB GRILLED FISH

1 T butter	1 t salt, or to taste
2 T lemon juice	¼ t freshly ground black pepper
1 t oreganum or marjoram	700 g fish steaks or fillets

Melt butter and add lemon juice and seasonings. Place fish in a buttered baking dish and pour the herbed butter over the fish. Place under the grill and cook for 5-10 minutes depending on the thickness of the fish. Test with fork. Baste occasionally. Serves 4-6 either as a first course or as a main course.

KALAMARIA YEMISTA Stuffed Squid (GREEK)

12 small squid	½ c rice
¾ t salt	3 T finely chopped parsley
freshly ground black pepper	2 T water
5 T olive oil	5 tomatoes peeled, seeded and chopped
1½ T finely chopped fresh mint or	4 onions, finely chopped
¾ t dried mint	

Clean the squid and reserve the tentacles. Wash and drain thoroughly. Sprinkle inside and out with ½ t salt and black pepper. Chop the tentacles. Heat 3 T olive oil in a fry pan and saute 3-4 minutes. Stir in the water and remove from the heat. Stuff each squid ¾ full with the mixture and secure the openings with toothpicks. Place the squid in a casserole dish. Add enough water to barely cover. Bake in a 180°C (360°F) oven for 1 hour. Serve from the casserole. Serves 4.

PRAWNS IN WHISKY

500 g prawns	6 T white wine
2 T chopped shallots	4 T cream
2 chopped tomatoes	1 egg yolk
salt and pepper	tarragon

Melt butter in pan. Add shallots and garlic and saute until soft. Add tomatoes, salt, pepper, cayenne and saute for a few minutes. Pour over 2 T whisky and flame. Add white wine and simmer for 5 mins. Combine cornflour, cream, and rest of whisky. Add to sauce and simmer until it comes to the boil. Boil for 1 minute, add tarragon and egg yolk. Mix well and add prawns and simmer to heat through. Serve with boiled rice. (Suitable for an entree)

SALMON LOAF

420 g can of salmon in brine	pinch of cayenne pepper
skim milk	4 T green capsicum chopped
2 T onion finely chopped	4 T chopped celery
4 T lemon juice	½ c dry breadcrumbs
1 egg white	

Drain salmon and retain liquid. Make up to ½ c with skim milk. Mix all ingredients together and spoon into oiled loaf pan. Bake at 180°C (360°F) for 1 hour. Cool for 5 minutes before removing from pan.

SALMON PATTIES

2 slices white bread, crumbed	2 eggs
1 medium onion, chopped	1 T mustard
30 g butter or margarine	1 t curry powder
1 medium potato grated	1 500 g tin salmon (drained)

Melt butter in frypan. Add onion and brown. Remove from heat. Put salmon into mixing bowl. Add grated potato, cooked onions, ½ breadcrumbs, eggs, mustard and curry powder. Mix well. Shape mixture into patties. Roll in remaining breadcrumbs. Heat a little oil in frypan on low heat. Add patties and fry until crisp and browned about 5 minutes per side. Serve hot. Serves 4-6 people.

SAVOURY FISH

500 g white fish	1 c milk
2 T butter	1 T vinegar
1 t curry powder	1 onion
1 T flour	salt and pepper

Make sauce with butter, milk, flour and curry powder. Add vinegar. Place fish and diced onion in ovenproof dish, pour over sauce and bake at 175°C (350°F) for ¾ hour.

SEAFOOD CHOWDER

1 kg boiling fish	1½ T chicken stock
3 T butter	1 c creamed corn
¾ c onion chopped	1 c mixed frozen vegetables chopped
¾ c celery chopped	1 c water
¾ c carrots chopped	

Cook fish until it flakes. Melt butter and cook onion. Add to fish. Cook celery and carrots and add frozen vegetables, corn and chicken stock. Mix with fish. Make white sauce by blending 3 T butter, 4 T flour, 2 c milk until thickened. Pour over fish etc., but do **not** boil again.

TROUT BARBECUE

4 small or medium sized trout	1½ t salt
100 g butter	¼ t pepper
1 c tomato juice	1 clove garlic, sliced finely
¼ c vinegar	1 small onion, sliced finely
2 T brown sugar	

Clean fish and set aside. Combine all other ingredients and simmer for 10 minutes. When ready to cook trout, skewer cleaned fish on long handled forks. Dip in sauce and roast over low coals for 10–15 minutes, dipping fish frequently in sauce to keep it moist.

TUNA BURGERS

200 g can tuna	1 small onion, minced
1 c chopped celery	¼ c mayonnaise
½ c diced cheese	salt and pepper to taste

Mix all ingredients in a bowl. Split and butter 6 hamburger buns. Fill buns with tuna mixture and replace tops. Heat in sandwich oven bags on baking sheet at 175°C (350°F) for 15 minutes.

TUNA FISH BALLS

200 g can tuna	50 g grated cheese
1 c soft breadcrumbs (white)	2 T sherry
2 T finely chopped onion	salt and pepper
2–3 t mayonnaise	chopped parsley

Mix well together and shape into small balls (3 cm diameter). Roll in dry breadcrumbs. Bake on foil 15–20 minutes in moderate oven. Super hot or cold.

TUNA MILANDO

2 c cooked macaroni
200 g can tuna
1 medium onion diced
2 tomatoes diced
50 g grated cheese

1 green pepper diced
1 pkt Maggi cream of vegetable soup
1½ c water
¼ c dry breadcrumbs

Cook macaroni in boiling salted water. Drain. Saute onion, tomato and green pepper in a little butter. Mix soup powder with water. Add to vegetables and bring to the boil. Add tuna and cooked macaroni. Mix well and pour into baking dish. Sprinkle with breadcrumbs, grated cheese and a sprinkle of paprika. Bake 20 minutes at 180°C (375°) until top is golden. Serves 4.

TUNA AND POTATO PIE

Pastry:

1 c plain flour
pinch salt
pinch baking powder

60 g butter
1 egg yolk beaten
1-2 T iced water

Knead a few times on lightly floured surface. Shape into ball and wrap in plastic. Chill 30 minutes.

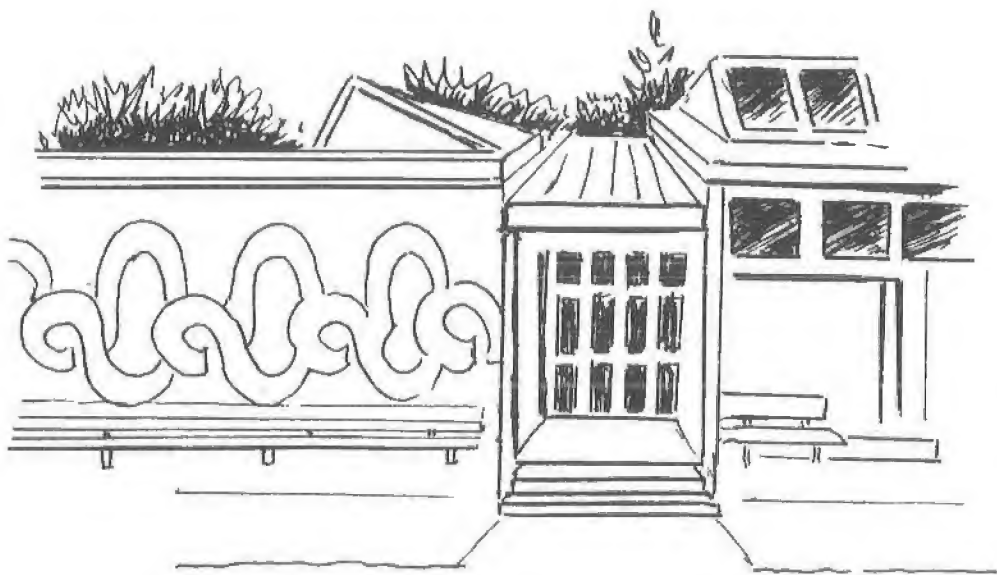
Filling:

425 g can tuna/fish fillets drained
and flaked
2 medium sized potatoes boiled
and mashed
1 small onion grated
1 t paprika

2 eggs beaten
1 T cornflour
2 T finely chopped parsley
salt and pepper
1 c cream or evaporated milk

Roll out half pastry to line 23 cm pie dish. Roll out remaining pastry for top. Combine all ingredients for filling and spoon into a pastry shell. Cover. Glaze top with beaten egg. Bake in moderate oven 30-35 minutes until pastry is crisp and golden and filling is set.

EGG AND CHEESE DISHES



Anchovy Eggs
Asparagus Cheese
Bacon and Egg Puff-ups
Banana Ham Rolls
Brunch Popovers
Cauliflower Cheese
Cheese and Onion Pie
Cheese and Potato Pinwheel
 Savouries
Cheese and Tomato Flan
Cheese Pastry Flan Case
Cheese Patty Savouries
Cheese Rolls
Cheese Spread (1)
Cheese Spread (2)
Cheese Twirls
Corn Dish
Corn Souffle
Cottage Cheese Pancakes
Delicious Cheese Squares
Egg and Corn Pie
Eggs Parisienne
George's Pate
Green Herb Pot
Ham and Asparagus Au Gratin
Ham and Egg Casserole

Haymakers Pie
Herb Jumble Bread
Hors D'Oeuvre Roll
Leek Flan
Miniature Pissaladiere
Monks Pie
Never Fail Omelette
Old English Cheese Pudding
Onion and Cheese Biscuits
Peanut Cheese Ball
Potato Cheese Croquette
Potato Flan
Potato Scotch Eggs
Pumpkin and Pine Nuts
Quiche Lorraine
Salami Cornucopias
Savoury Fritters
Savoury Pie
Savoury Potato Scones
Savoury Spead
Savoury Tea Dish
Scalloped Potatoes and Carrots with
 Cream
Silverbeet Quiche
Spanish Scramble
Zucchini Timbale

ANCHOVY EGGS

1 dozen not-too-hard boiled eggs
6 cloves garlic crushed
2 tins anchovies

2 T olive or salad oil
2 T white pepper
black pepper

Make a dressing with the oil, vinegar, black pepper, crushed garlic and chopped anchovies. Pour over chilled eggs and serve with freshly fried croutons.

ASPARAGUS CHEESE

880 g asparagus (2 tins)
½ asparagus liquid
1½ T flour

1 c cream
1½ c grated cheddar cheese
1 small packet potato crisps

Drain asparagus. Arrange in shallow oven dish. Combine liquid, flour and cream and pour over the asparagus. Top with the cheese and the crumbled potato crisps. Heat uncovered in medium oven for 30 minutes until hot and cheese has melted.

BACON AND EGG PUFF-UPS

1 rasher bacon
1 egg
¾ c milk
60 g grated cheese

1 T flour
¼ t salt
shake of pepper

Grease pie dish. Cut bacon into small pieces and fry lightly. Place flour, salt and pepper into bowl. Make a well in centre. Beat eggs well. Add milk. Pour egg and milk mixture into flour. Beat thoroughly and stir in cheese. Heat pie dishes in oven 2-3 minutes. Put bacon in pie dishes and pour over batter. Cook at 200°C (400°F) until fluffed up and browned for about 20 minutes. Serve with baked or grilled tomato halves topped with grated cheese, salt and pepper. Garnish with parsley.

BANANA HAM ROLLS

6 bananas
300 ml white sauce

cheese
6 slices of ham

Peel the bananas and wrap the ham around each banana securing each with toothpicks. Place in oven proof dish. Make sauce, add cheese and pour over bananas. Cook for 30 minutes at 175°C (350°F). Sprinkle with parsley.

BRUNCH POPOVERS

4 eggs
2 c flour

1 t salt
2 c milk

Beat eggs with milk, flour and salt in a large bowl until smooth. Fill well buttered muffin pans ¾ full. Bake in preheated oven 200°C (400°F), for 35-40 minutes until puffed and brown. Serve with cream cheese and honey or cottage cheese and preserves.

CAULIFLOWER CHEESE

1 small cauliflower (or frozen cauliflower)	½ c mayonnaise
50 g butter	salt, pepper
4 shallots or spring onions	50 g cheddar cheese
	paprika

Separate cauliflower into florets. Cook in lightly salted water until tender but still firm. Drain. Melt butter, saute the chopped shallots or onions and butter over base of shallow ovenproof dish. Cover with the cauliflower. Sprinkle lightly with salt and pepper. Spread mayonnaise over cauliflower and sprinkle with paprika. Bake in moderate oven for approximately 15 minutes, or place under heated griller until cheese is puffed and golden.

CHEESE AND ONION PIE

Pastry:

½ t salt	3 onions — thinly sliced
1 T iced water	2 egg yolks
½ c maize oil	2 c wholemeal flour

Make pastry by mixing all dough ingredients together. Press into a pie plate. Chill for one hour. Saute the sliced onions and spread over pastry.

Filling:

3 eggs and 2 egg whites	chopped chives
2 c cream	salt and pepper
½ c powdered milk	nutmeg to taste

Beat all filling ingredients together and pour over the onions. Sprinkle with 1 c grated tasty cheese. Bake in 200°C (400°F) oven for 15 minutes. Reduce heat to 150°C (300°F) and bake for another 15 minutes.

CHEESE AND POTATO PIE

2 medium sized potatoes	1 egg
1 c grated cheese	cayenne pepper
½ c milk	pinch of salt

Cook the potatoes in boiling salted water. Beat the egg and milk together. Mash one potato and line a pie dish. Slice the other potato thinly. Arrange alternate layers of cheese and sliced potato. Season lightly on each layer. Pour over eggs and milk. Bake 180°C (350°F) for 10-15 minutes.

CHEESE AND POTATO PINWHEEL SAVOURIES

250 g flakey pastry	1 rasher of bacon, chopped
1 c mashed potato	1 apple, grated
1 onion, sauted	½ c cheese, grated
parsley	

Roll the pastry to a 23×17 cm rectangle. Spread the mixture evenly over the pastry. Roll up into a long roll. Seal edges with water. Cut into 1 cm slice and bake at 200°C (400°F) until pastry is browned.

CHEESE AND TOMATO FLAN

Pastry:

1 c self raising flour
salt
pinch cayenne pepper
¼ t dry mustard

75 g butter
½ c grated cheese
1 egg

Filling:

3 sliced tomatoes
1 chopped onion
2 eggs

150 ml milk
salt and pepper
½ c grated cheese

Rub butter into flour, salt, pepper and mustard. Add cheese and bind with egg. Roll out and line a pie plate. Place tomatoes and onions in the pastry case. Beat the eggs and add milk, salt, pepper, cheese and pour over the tomatoes and onions. Bake at 180°C (350°F) for 40 minutes.

CHEESE PASTRY FLAN CASE

1 c plain flour
50 g butter
1 egg yolk
1 T parmesan cheese

squeeze of lemon juice
2-3 T cold water
½ t salt

Sieve flour into mixing bowl. Rub butter into flour with finger tips until the mixture resembles breadcrumbs. Add parmesan cheese. Mix egg yolk, lemon juice, water and salt together. Add to flour and mix with a knife. Refrigerate for 30 minutes. Roll out thinly to fit a 20 cm flan dish.

CHEESE PATTY SAVOURIES

Using thin sliced bread, cut with a round biscuit cutter (8 cm) as for Shrewsbury Biscuits. Butter and place in buttered patty tins. Fill with a teaspoonful of spaghetti, top with grated cheese and pieces of bacon and tomato in season. Other fillings: cheese, crushed pineapple and bacon, or beaten egg and bacon. Bake at 180-200°C (350-400°F) until the bread is just lightly browned.

CHEESE ROLL

1 packet Maggi onion soup
1 c water
1 egg

250 g cheese, grated
1 pinch cayenne pepper
1 loaf fresh bread

Put the onion soup and water into a pot and bring to the boil. Add a beaten egg, grated cheese and cayenne pepper. Use fresh bread, butter and spread the cheese mixture on the side without the butter. Grill in the oven until crisp.

CHEESE SPREAD (1)

2 c tasty cheese, grated
½ c celery, finely chopped
¼ c gherkin, finely chopped

¼-½ c white sauce
salt
cayenne (a few grains if desired)

Combine ingredients with the sauce. Spread on crackers.

CHEESE SPREAD (2)

100 g butter
200 g cheese, grated
2 eggs
1 t salt

½ t pepper
2 t mustard
½ c milk

Melt butter. Stir in cheese and beaten eggs and stir until smooth.

CHEESE TWIRLS

3 c self raising flour
4 T butter
1 t salt
1 c grated cheese
8 T milk

fruit chutney
2 T parsley, chopped
4 t chives
any other herbs — tarragon,
mint, thyme

Rub butter into flour. Add salt, cheese, parsley, chives, tarragon etc. Mix with milk to soft dough. Roll out and spread with chutney. Roll up and cut into 1 cm slices. Bake at 200°C (400°F) for 15–20 minutes.

CORN DISH

2 rashers of bacon
1 medium onion
3 eggs
¾ c milk
1 T flour

440 g tin of creamed sweetcorn
200 g grated cheese
2 t butter
salt and pepper to taste

Finely chop bacon and onion. Lightly cook bacon in 1 t butter. Add onion and gently cook until the onion is translucent. Mix eggs and milk in a bowl. Mix flour in a little water and add to eggs and milk. Add a tin of sweetcorn, bacon, onion and grated cheese. Butter an ovenproof dish and pour in mixture and bake until golden brown and raised in the centre for approximately 35 minutes at 150°C (300°F).

CORN SOUFFLE

3 T butter
3 T flour
½ t salt
1 c milk

½ c grated cheese
½ c corn
3 eggs
salt and pepper

Make a thick sauce of butter, salt, flour and milk. As soon as it has boiled, stir in cheese, beat well, but do not reheat. Fold in drained corn. Separate eggs and beat whites with salt until stiff. Beat yolks and pepper together and add to sauce. Fold in whites carefully. Pour into ungreased dish. Stand in a pan of water at 180°C (350°F) for 45 minutes. Serve immediately. Serves 4.

COTTAGE CHEESE PANCAKES

1 c cottage cheese
3 eggs
2 c fresh fruit — preferably berries
sprinkled with sugar to taste

2 T peanut oil
2 t honey
¼ t salt
¼ c wholemeal flour

Combine cheese, eggs, oil, flour, honey and salt. Blend until smooth. Cook in a greased frying pan over medium to low heat. Serve with berries.

DELICIOUS CHEESE SQUARES

- | | |
|---|---------------------|
| 75 g gruyere cheese | 1 t baking powder |
| 75 g cheddar or similar cheese | 1/3 c plain flour |
| 1 egg | 1 clove garlic |
| 2 1/2 T milk | salt and pepper |
| 12 slices square brown toast bread
(not too fresh) | oil for deep frying |

Grate cheeses. Put into small bowl of electric mixer. Add egg, milk, crushed garlic, sifted flour and baking powder, salt and pepper. Beat on medium speed for 5 minutes. Remove crusts from bread. Spread a portion of the mixture on each slice of bread right to the outer edges. Cut each slice into four squares. Put in hot oil, cheese side down. Fry until golden brown on both sides — about 2 minutes, turning once. Drain on absorbent paper. Excellent for pre-dinner savouries.

EGG AND CORN PIE

- | | |
|-------------------------------|-----------------------|
| 3-4 hard boiled eggs | salt and pepper |
| 1 large tin whole kernel corn | 1/4 t paprika |
| 3 T butter | 2 T grated cheese |
| 3 T flour | 1 c fresh breadcrumbs |
| 420 ml milk | tomato slices |

Alternate a layer of corn with a layer of eggs in ovenware dish. Melt butter in saucepan and add milk, stirring constantly until mixture thickens. Add salt, pepper and paprika. Pour over eggs and corn. Sprinkle breadcrumbs on top. Add cheese and tomato slices. Bake at 180°C (375°F) for 20 minutes.

EGGS PARISIENNE

- | | |
|---------------------------------|---------------------|
| 500 g rice | french dressing |
| 250 g peas | mayonnaise |
| 250 g tomatoes, chopped, peeled | paprika |
| 250 g sliced beans | milk or thick cream |
| 12 hard boiled eggs | |

Boil rice until just tender. Strain. Cook peas, and beans. Slice tomatoes. Put rice into a flat dish, add vegetables and moisten with French dressing. Slice the eggs on top of the rice mixture. Add paprika and puree to the mayonnaise for colour and thin (with the milk) to consistency of cream. Pour over eggs.

GEORGE'S PATE

- | | |
|--------------------------|-------------------|
| 100 g liver sausage | 1 T sherry |
| 100 g cream cheese | 1 T cream |
| pinch curry powder | 1 T melted butter |
| 1 t worcestershire sauce | salt and pepper |

Beat together liver sausage, cream cheese, curry powder, worcestershire sauce, sherry and cream. Beat in melted butter, salt and pepper. Refrigerate. This recipe requires no cooking.

Variations: Add garlic and/or mixed herbs or exchange sherry for brandy.

GREEN GODDESS DIP

175 g cream cheese	1 t finely chopped onion
2 T milk	½ t salt
½ c finely chopped cucumber	¼ t ground cumin

Allow cream cheese to soften at room temperature. Blend in milk. Combine with remaining ingredients.

GREEN HERB POT

125 g cheddar cheese, grated	1 t chopped parsley
pinch of oregano, thyme	1 t chopped chives
2 T whipped cream	2 T dry sherry

Toss cheese and herbs together. Add sherry and cream. Mix to a light spreadable consistency. Keep in the fridge for 2 or 3 days before serving. (Store in glass or pottery containers made airtight with Gladwrap). Serve as a pate with hot toast fingers, fried bread triangles, wholemeal bread or hot crusty bread.

HAM AND ASPARAGUS AU GRATIN

500 g asparagus	2 c milk
2 c soft white breadcrumbs	4 T butter
2 c minced cooked ham	4 T flour
1 c grated cheese	salt and pepper

Butter casserole and spread with half the soft white breadcrumbs. Sprinkle over half the cheese. Lay asparagus spears over the cheese. Pour over creamed ham mixture. Spread the remaining breadcrumbs over the top. Sprinkle rest of cheese over top and nobs of butter.

HAM AND EGG CASSEROLE

250 g cooked ham, diced	3 eggs
250 g cheese, grated	450 ml milk
1 c fresh breadcrumbs	pepper and salt
30 g butter	

Mix ham and cheese together in ovenware dish. Add pepper and salt. Beat eggs and milk together and pour into dish. Cover with breadcrumbs and dot with butter knobs. Bake at 150°C (300°F) for 1 hour.

HAYMAKERS PIE

400 g short pastry	2 c milk
450 g cooked mashed potatoes	1½ c grated cheese
1 large onion, finely chopped	4 T flour
5 eggs	450 g chopped bacon

Line sponge roll tin with pastry. Mix ingredients together with beaten eggs and milk. Spread over pastry. Bake at 180°C (350°F) for one hour.

HERB JUMBLE BREAD

25 g compressed yeast	2 cloves garlic
2½ c lukewarm water	2 T chopped parsley
5 c flour	1 t basil
2 t salt	1 t thyme
50 g tasty cheese	1 t sage
1 small onion	200 g butter

Dissolve yeast in warm water. Sift flour and salt into bowl. Add cheese, onion, garlic and herbs. Pour in yeast mixture. Mix to soft dough. Turn out. Knead for 5 minutes. Rise until double its size. Punch down, knead 1 minute. Divide dough in half and shape into a long roll. Cut into 4 cm pieces, dip in melted butter. Pack into greased loaf tins. Place in plastic bags to rise for 40 minutes. Bake in hot oven 30-40 minutes.

HORS D'OEUVRE ROLL

4 T butter	salt
½ c flour	4 eggs
2 c milk	1 t sugar

Grease and flour lined swiss roll tin. In a saucepan melt butter, add flour and sugar. Gradually add milk, stirring constantly until thickened. Remove from heat and blend in egg yolks and sugar. Fold in stiffly beaten egg whites. Cool slightly and turn onto wax paper. Spread with one of the following fillings and roll as for a sponge roll. Slice and serve with salted sour cream.

Fillings:

Chicken

100 g mushrooms	4 T sour cream
1 T butter	1 T chopped dill
1 c chicken, finely diced	salt and pepper
3 chopped hard boiled eggs	

Chop mushrooms finely. Saute in butter. Add chicken, eggs, sour cream, dill, salt and pepper. Mix well and heat gently.

Mushroom

2 large onions, finely chopped	4 T chopped chives
4 T oil	2 T lemon juice
350 g mushrooms, finely chopped	salt and pepper
4 T sour cream	

Saute onions in oil. Add mushrooms and cook gently. Add sour cream, chives, lemon juice, salt and pepper and mix well.

Ham

1½ c finely chopped ham	½ t wet mustard
½ c chopped chives	1 c cream
1 t grated horseradish	

Mix ham with chives, horseradish, mustard and whipped cream.

LEEK FLAN

1 20 cm cheese pastry flan case (see earlier recipe)

Filling:

500 g white part of leeks

200 ml cream

1 egg

1 egg yolk

salt, pepper, nutmeg, cayenne pepper

25 g grated swiss cheese

1 t butter

Cook leeks in as little water as possible until tender. Strain. Beat cream, egg, egg yolk and seasoning. Add leeks to mixture. Pour into flan case and sprinkle with cheese. Dot with butter. Bake in a moderate oven for 8-10 minutes until cheese is golden.

MINIATURE PISSALDIERE

225 g flakey pastry

2 onions, finely chopped

6 T butter

6 tomatoes

4 T oil

parmesan cheese

rosemary

anchovy pieces

olives

Line 24 patty pans with pastry. Chill. Saute onions in butter. Cook tomatoes in oil. Sieve. Cover pastry shells with parmesan cheese and fill with onions, tomato paste and pinch of rosemary. Top each with crossed anchovies and sliced olives. Bake at 175°C (350°F) for 25 minutes. Serve hot.

MONKS PIE

3 c mashed potatoes

2 T butter

3 heaped T cheese

300 ml white sauce

4-5 eggs

250 g tomatoes

1 t grated onion

pepper and salt

Scald, peel and slice tomatoes. Cover and simmer until a thick pulp. Rub through a sieve and beat into potatoes. Season to taste. Add onion and half the cheese. Pack into a greased heatproof dish. Make hollows with spoon to take eggs. Cover with sauce. Sprinkle with the rest of cheese. Bake in hot oven until brown.

NEVER FAIL OMELETTE

eggs

milk or thin cream (1 T to each
egg yolk)

¼ t salt to every 3 eggs

1 T boiling water

Separate egg yolks. Add salt to egg whites and beat until stiff. Beat yolks and add milk and pour onto whites. Mix lightly. Stir in 1 T boiling water just before putting in a lightly greased omelette pan.

OLD ENGLISH CHEESE PUDDING

250 g grated cheese	1 c boiling milk
1 t flour	1 heaped t butter
1 T fine breadcrumbs	2 egg yolks
salt and pepper	2 egg whites

Mix cheese, flour, breadcrumbs, salt and pepper in a bowl. Add boiling water and butter. Mix well, and cook a little. Beat egg whites. Add egg yolks to the heated mixture and stir into beaten egg whites. Pour into a buttered dish and place in a pan of hot water. Extra cheese can be grated onto the top. Place immediately in a moderate preheated oven for 20 minutes. It can be left in longer if required.

ONION AND CHEESE BISCUITS

1 c flour	shake pepper
100 g butter	1 packet Maggi onion soup powder
1 c grated cheese	4 T milk

Rub butter into flour. Stir in cheese. Mix to a stiff dough with soup and milk mixed together and stand for 15 minutes. Knead well and roll out thinly. Cut into small squares and prick with a fork. Bake 175°C (350°F) for 25-30 minutes or until golden brown.

PEANUT CHEESE ROLL

250 g mild cheese	1 T tomato sauce
250 g tasty cheese	1 T worcestershire sauce
4 gherkins, chopped	1 T mayonnaise
2 small onions, chopped	1 c chopped peanuts
parsley, chopped	

Put all ingredients (except peanuts and parsley) into a bowl and with wet hands shape into a ball and roll in chopped nuts and some parsley. Cover the ball and wrap in greaseproof paper and refrigerate until firm. Serve on a cheese board with small crackers.

POTATO CHEESE CROQUETTE

750 g potatoes	1 egg
45 g cheese	2 T milk
1 large onion, finely chopped	1 c breadcrumbs, dry
30 g butter or margarine	2 T parsley, chopped
flour	oil for deep frying

Cook potatoes in salted water until tender. Drain and mash. Melt butter in pan. Add onion and cook until it is translucent. Add to mashed potatoes and mix well. Cut cheese into 5mm×4cm strips. Mould tablespoons of potato mixture around cheese stick to form a croquette shape. Roll lightly in flour. Dip in lightly beaten egg and milk mix. Coat with combined breadcrumbs and parsley. Deep fry until golden brown. Drain on absorbent paper. Makes 10-12.

POTATO FLAN

3-4 medium potatoes
½ c wholemeal flour
60 g butter
3 medium onions
12 small mushrooms
30 g butter

¼ c flour
salt and pepper
1¼ c milk
125 g tasty cheese
¼ t nutmeg
parsley and chives

Mash potatoes. Add wholemeal flour and butter to make a thick mixture. Cool and press into a 15cm flan tin shaping up the sides. Fry onions and mushrooms in butter. Remove vegetables and stir in flour and seasonings. Stir in milk and cook until thick. Mix in cheese, nutmeg, herbs, vegetables. Grate cheese on top. Bake at 200°C (400°F) for 25 minutes.

POTATO SCOTCH EGGS

250 g mashed potatoes
salt and pepper
4 hard-boiled eggs

breadcrumbs
1 egg

Beat together mashed potatoes, seasonings and half-beaten egg. Surround each egg with potato. Coat with remaining egg mixture and roll in breadcrumbs. Fry in hot fat until golden.

PUMPKIN AND PINE NUTS

500 g pumpkin
1 t butter
½ c gruyere cheese
1 T pine nuts

½ c cream
salt and pepper
grated nutmeg

Slice pumpkin into casserole dish. Sprinkle over pine nuts, cheese and seasoning. Pour over cream and bake at 175°C (350°F) for 40 minutes. Remove casserole lid for further 10 minutes for cheese to firm.

QUICHE LORRAINE

4 medium potatoes
2½ T flour
4 T soft butter or margarine
salt and pepper to taste
4 rashers bacon, fried and chopped
pinch nutmeg

1½ c milk
3 t flour
1 t salt
3 eggs, lightly beaten
4 slices gruyere cheese, grated

Boil and mash potatoes. Add flour, butter, seasonings. Spread on greased flan dish as for pastry. Spread bacon and cheese over the base. Mix remaining ingredients and pour over bacon and cheese. Cook at 180°C (375°F) for 30-40 minutes until top is golden and a knife blade comes out cleanly.

SALAMI CORNUCOPIAS

24 slices salami	2 T cream
toothpicks	2 t dill
350 g cream cheese	2 T brandy
170 g blue vein cheese	

Cut salami slices in half. Twist into cone shapes and hold edges with toothpick. Place upright on cake cooler and chill for 30 minutes. Blend cheeses, cream, dill and brandy, and fill cones. Chill before serving.

SAVOURY FRITTERS

$\frac{3}{4}$ c cooked rice	2 T milk
2 eggs beaten	1 onion, grated
$\frac{1}{4}$ c flour	$\frac{1}{2}$ c cheese, grated
$1\frac{1}{2}$ t baking powder	

Beat the eggs. Add all ingredients and fry until brown on both sides.

SAVOURY PIE

Base:

225 g flour	$\frac{1}{2}$ t mustard
2 t baking powder	50 g butter
1 t salt	140 ml milk

Rub butter into dry ingredients. Mix to a scone consistency. Roll out to fit a sponge roll tin.

Filling:

2 eggs beaten	$\frac{1}{2}$ t mustard
$\frac{1}{2}$ c cream	250 g cheese, grated
$\frac{1}{2}$ c green pepper, chopped finely or gherkins, tomato, onion, celery	1 t salt

Mix and pour filling ingredients on the base. Bake for 20-30 minutes in a hot oven.

SAVOURY POTATO SCONES

Pastry:

1 c flour	1 t vinegar
$\frac{1}{4}$ t salt	$\frac{1}{4}$ c milk
100 g butter	

Mixture:

mashed potato (if not fresh add an egg)	parsley
grated onion	bacon
cheese	

For pastry grate cold butter into dry ingredients. Rub lightly and add vinegar. Make a well in centre and mix in milk to make a stiff dough mixture in pastry. Combine mixture ingredients and roll up in pastry. Cut and cook in hot oven for 20 minutes on well-greased tray.

SAVOURY SPREAD

1 c cheese, grated
1 beaten egg
¼-½ t onion stock

1 T tomato sauce
finely chopped bacon or ham

Mix together in a bowl. ½-2/3 c of hot milk may be added to the mixture. Stir well and leave to cool. This makes the mixture go further and it will thicken as it cools. Spread on toast, and grill.

SAVOURY TEA DISH

Put a layer of breadcrumbs and grated cheese in bottom of casserole dish. Break in 3-4 eggs. Cover with more breadcrumbs, cheese, and chopped bacon. Heat in oven at 190°C (360°F) until bacon is crisp and brown.

SCALLOPED POTATOES AND CARROTS WITH CREAM

250 g carrots, sliced 2mm thick
10 g butter
150 ml water
¼ t salt

2 T chopped shallots or spring onions
600 g potatoes sliced 2mm thick
300 ml cream
125 g cheese, grated

Simmer carrots slowly with butter, salt, shallots and water in covered saucepan for 20-30 minutes until carrots are tender and liquid has evaporated. Grease large casserole and arrange layers of potatoes, carrots and cheese. Sprinkle each layer with salt and pepper. End with a sprinkling of cheese. Pour on cream and bake at 175°C (350°F) for approximately 1 hour, until potatoes are tender and cream has been absorbed. Serves 4.

SILVERBEET QUICHE (without pastry)

6 silverbeet leaves, cut very fine,
cooked and well drained
4 eggs
125 g tin evaporated milk
½ c grated cheese

2 rashers bacon, cut finely
½ t onion powder
salt and pepper
pinch cayenne and nutmeg

Place silverbeet in greased pie plate. Add cooked bacon. Mix eggs, milk, onion powder, salt and pepper together well and pour over silverbeet. Sprinkle top with cayenne and nutmeg. Bake at 175°C (350°F) for 1 hour.

SPANISH SCRAMBLE

1 large onion, chopped
2 T butter
1 can spaghetti

3 eggs
2 T milk
½ t salt

In a large frying pan, heat onion until lightly cooked. Add spaghetti. Beat other ingredients together. Add to frying pan. Lift the spaghetti with a fish slice so the egg mixture can run underneath and cook but do not stir the mixture any more than necessary. Serve as soon as the egg has set.

ZUCCHINI TIMBALE

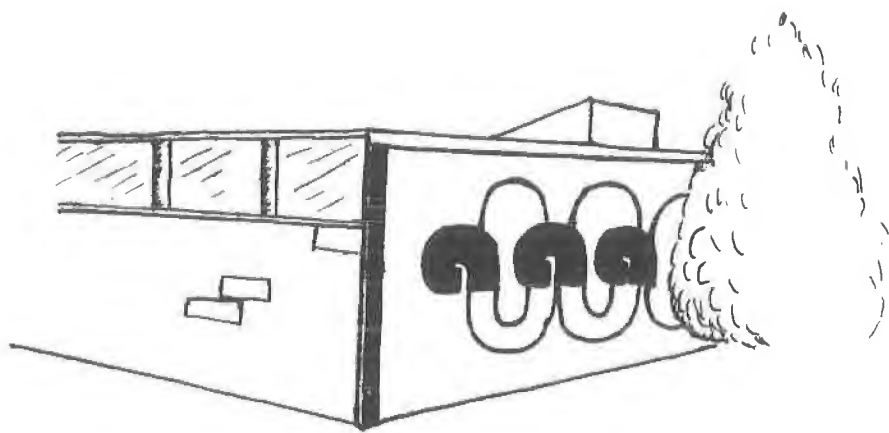
500 g zucchini
250 g onions, finely chopped
25 g butter
1 T oil
100 g parmesan cheese

150 ml cream
4 large eggs
salt and pepper
4 T fresh breadcrumbs
2 T chopped parsley

Wash and trim zucchini. Grate and squeeze as much of the liquid from them as possible. Cut and saute onions in butter and oil. Add zucchini and cook until tender. Place into a large bowl. Add cheese, cream, beaten eggs and seasonings. Grease a large souffle dish and line bottom with greaseproof paper and pour zucchini mixture into prepared dish. Place in baking dish with water to come half way up the outside of the dish. Bake at 175°C (350°F) for approximately 40 minutes until custard is set. Allow to stand for 20 minutes before unmoulding it. When cool stir in parsley. Run a knife around the edge and turn onto serving plate. Sprinkle with breadcrumbs and parsley melted in butter.

NOTES

CHICKEN



Chicken Casserole
Chicken Casserole — Apple
Chicken Casserole — Mushroom
Chicken Casserole — Pineapple
Chicken Chop Suey
Chicken Chow Mein
Chicken in Apricot Nectar
Chicken Mushroom and Almonds
Chicken Mushroom Oriental
Chicken Pineapple Casserole

Chicken with Orange and Almond
Sauce
Chinese Chicken Casserole
Crunchy Fried Chicken
Curried Chicken with Peaches
Garlic Pineapple Chicken Casserole
Pollyanna Chicken
Savoury Chicken
Spicy Chicken
Sweet and Sour Chicken



CHICKEN CASSEROLE

- | | |
|--|------------------------------|
| 1 cooked chicken (roisserie or boiled) | bay leaf |
| 100 g butter | 100 g diced bacon |
| 50 g blanched almonds | 300 ml chicken stock |
| 4 T plain flour | 1 bunch sliced spring onions |
| 300 ml milk | ½ tin asparagus spears |
| cloves | 1 c dry wine/sherry |

Remove flesh from chicken. Melt butter in pan, add flour and stock and milk, salt and pepper, wine and almonds. Fry bacon, add to sauce and pour over chicken. Add other ingredients.

CHICKEN CASSEROLE — Apple

- | | |
|-------------------------|----------------------|
| 1 chicken cut in pieces | 500 g tomatoes |
| 1 apple, sliced | tomato sauce |
| 2 onions, chopped | green pepper, sliced |
| 3 rashers bacon | salt and pepper |

Brown chicken pieces in butter, after dipping them in egg and breadcrumbs. Add sliced apple, onion, tomatoes, peppers, tomato sauce, salt and pepper. Spread the bacon over the chicken and add a cup of chicken stock. Cook in moderate oven 1½–2 hours. Serve with slices of pineapple.

CHICKEN CASSEROLE — Mushroom

- | | |
|----------------------------|-------------------|
| chicken pieces | ¾ c grated cheese |
| 2 large onions chopped | salt and pepper |
| 1 medium can mushroom soup | |

Heat oven to 175°C (350 °F). Saute onions in butter until cooked. Place chicken pieces in casserole dish, and add cooked onion. Mix together mushroom soup and cheese and add salt and pepper. Pour mixture over chicken. Bake in oven for 1 hour, until chicken is tender. DELICIOUS!!!

CHICKEN CASSEROLE — Pineapple

- | | |
|--------------------------|--------------------------------|
| No 8 chicken (portioned) | pepper and salt |
| 1 can pineapple | 1 tin stewed tomatoes |
| 3 large onions | broad beans (optional) |
| 2 large carrots | 1 tin asparagus |
| Watties corn | seasoning — thyme, mixed herbs |
| celery sticks | |

Place chicken pieces in casserole dish. Chop up celery, carrots, onions, beans, asparagus and place over chicken pieces. Pour stewed tomatoes, corn, and pineapple around chicken. Add seasoning and sprinkle pepper and salt to taste. Pour juice of pineapple and water over chicken. Bake in oven 120°C (250°F) for 2½ hours.

CHICKEN CHOP SUEY

1.5 kg chicken (or chicken pieces)	100 g green beans
1 small cabbage	oil
500 g bean sprouts	chicken stock
½ bunch celery	salt
1 onion	2 t cornflour
100 g carrots	

Steam chicken until tender, cool and remove meat. Shred cabbage, slice celery, carrots and beans diagonally. Heat oil in pan, add vegetables, saute until tender, but still crisp. Season with salt. Add chicken pieces and chicken stock. Reheat gently and thicken with cornflour.

CHICKEN CHOW MEIN

1 boiled chicken	2 medium onions
50 g butter	½ cabbage
2 packets chicken noodle soup mix	few beans, peas and corn
2 t curry powder	1 T rice
2 t soy sauce	2½ c water (that chicken has been
1 T sugar	cooked in)
2 grated carrots	

Brown onions in butter. Add chicken and cook until slightly browned. Add soup mix, beans, peas, corn, curry, sugar, rice, water and soy sauce. Add carrots, and lastly, finely chopped cabbage. Simmer all together for 25 minutes, stirring occasionally. May need a little more water, while cooking.

CHICKEN IN APRICOT NECTAR

1 chicken	2 t cornflour
plain flour	400 g can apricot nectar (or pureed
1 pkt french onion soup	apricots with some water)

Cut chicken into pieces. Roll in plain flour and place in casserole. Sprinkle over french onion soup and cornflour. Pour over apricot nectar and bake at 175°C (350°F) oven for 1¼ hours.

CHICKEN MUSHROOM AND ALMONDS

3 T butter	½ c butter
3 T chopped onion	½ c flour
225 g sliced mushrooms	cayene pepper
4 c milk	1 t salt
2 c chicken stock	¾ c almonds, chopped and toasted
¾ c buttered breadcrumbs	½ c sliced stuffed olives (optional)
3 c diced cooked chicken	¼ c grated cheese

Pressure cook chicken the day before. Keep the stock overnight then remove surface fat. Cook onions and mushrooms in the butter. Melt butter. Add flour, milk and stock. Bring to the boil. Season.

Put layer of chicken in casserole and sprinkle with almonds, olives, onions, mushrooms. Cover with some sauce. Repeat layers. Finally mix cheese and buttered crumbs, and sprinkle over top. Cover casserole and bake at 180°C (375°F) for 45 minutes.

CHICKEN MUSHROOM ORIENTAL

1 kg chicken	1 t salt
2 spring onions	¼ c water
1 t sherry	1 c chicken stock
1 T soy sauce	1 T cornflour
1 t sugar	1 clove garlic
½ t seasoning	1 t chopped ginger
100 g mushrooms	2 T oil

Cut meat from chicken and slice into strips 2 cm long. Chop onions into 2 cm lengths, place in a bowl with sherry, soy sauce, sugar, seasoning, salt and water. Mix well. Blend chicken stock and cornflour in another bowl. Chop garlic and ginger finely and slice mushrooms. Fry garlic and ginger 1 minute in oil. Add chicken and cook till golden brown. Add mushrooms and cook 1 minute. Stir liquid mixture and add to pan. Cook 2 minutes. Blend in cornflour mixture and simmer until sauce thickens. Serves 6.

CHICKEN PINEAPPLE CASSEROLE

1.5 kg chicken (or chicken pieces)	50 g butter
1 onion	300 ml water
100 g mushrooms	1 chicken stock cube
100 g bacon	chopped parsley
400 g can pineapple pieces	

Cut chicken into serving sized pieces. Toss in flour, seasoned with salt and pepper. Cut rind from bacon rashers. Divide each rasher into 3 pieces, roll each piece into a small roll and secure with a wooden stick. Slice onion and mushrooms.

Melt butter and saute onion lightly. Remove from pan, add bacon rolls, cook until well browned. Remove from pan. Fry chicken pieces until well browned on all sides, remove from pan. Add 2 T flour to pan and cook until brown (do not burn). Slowly stir in the water. Add crumbled stock cube. Bring to boil, stirring.

Put mushrooms, onion and chicken in ovenproof dish. Pour sauce over. Arrange drained pineapple pieces and bacon rolls (with wooden sticks removed) on top. Cover and bake in moderate oven for 1-1½ hours until chicken is tender. Serve in deep bowls with hot rice. Sprinkle with chopped parsley. Serves 4.

CHICKEN WITH ORANGE AND ALMOND SAUCE

1 chicken	salt and pepper
3 small oranges	cornflour
400 ml water	½ c roasted almond slivers

Joint chicken, casserole or fry until tender. Arrange on serving plate. Drain fat off. Heat pan with drippings, juice of 2 oranges and water. Thicken and pour sauce over chicken. Garnish with orange slices and almonds.

CHINESE CHICKEN CASSEROLE

6-8 frozen chicken pieces	pinch salt
1½ c water	1 t Maggi onion stock
½ c sherry	2 T brown sugar
¼ c soy sauce	pinch ground ginger

Place chicken pieces in a casserole dish with a lid. Mix other ingredients in a jug and pour over chicken. Cook at 160°C (325°F) for 2-3 hours.

CRUNCHY FRIED CHICKEN

6 chicken pieces	1-2 t water
1 egg	½ t celery salt
½ t salt	½ t celery salt
½ t garlic or onion salt	½ c fine dry breadcrumbs
¼ c flour	or rolled oats

Pat or wipe chicken pieces dry. Measure flour into a paper or plastic bag and shake chicken in it. Beat egg, water and seasonings until blended. Tip out any remaining flour from the bag and replace it with the breadcrumbs. Dip floured chicken into the egg, then shake into the breadcrumbs. Leave to stand for 5 minutes on a dry bench or wire rack. This is not essential but helps to set the coating. Heat clean oil or cooking fat in a large frypan. Have it 2-3 cm deep and heated to 180°C (350°F) if in an electric pan. Fry pieces, turning until evenly browned for about 15 minutes. Cover the pan and cook about 10 minutes more, until the juice runs clear, not pink, when flesh is pierced deeply with a sharp knife.

Serve immediately, or keep warm for a short time in an oven heated to 120°C (250°F) or serve cold. Serves 3-4.

CURRIED CHICKEN WITH PEACHES

2 kg roasting chicken	1 clove garlic
2 T oil or butter	3-4 T cream
1 finely chopped onion	1 tin peaches
1 t curry powder	400 ml chicken stock
1 T plain flour	

Brown pieces of chicken in half the oil. In the remaining oil, add onion and cook gently for a few minutes. Stir in curry powder, then flour and cook for 3-4 minutes. Add stock and garlic and simmer for 20 minutes. Cook in oven at about 175°C (350°F) for 45 minutes. Thicken sauce if necessary and add cream. Reheat in casserole, add peaches 10-15 minutes before serving.

GARLIC PINEAPPLE CHICKEN

4 pieces chicken	4 slices pineapple
2 T soy sauce	½ t curry powder
1 T lemon juice	1 t ginger
1 T oil	2 cloves garlic
salt and pepper	

Combine all ingredients and pour over chicken pieces. Leave for 2 hours. Place in oven uncovered for an hour until brown and baste frequently. Grill pieces of pineapple for 2 minutes each side and serve with chicken.

HAWAIIAN PINEAPPLE CHICKEN CASSEROLE

1 roasting fowl	2 T soy sauce
3 medium onions	2 T flour
2 carrots	1 T brown sugar
2 T tomato sauce	1 medium tin pineapple rings
2 T worcester sauce	1 c chicken stock
salt	

Boil fowl for 1 hour. Skin and break into pieces and place in casserole with onion and carrots. Make sauce by mixing wet ingredients with flour and brown sugar. Pour over chicken and cook 1½ hours at 175°C (350°F).

Place pineapple rings on top and cook further 15 minutes with the lid off casserole.

POLLYANNA CHICKEN

1 chicken (jointed)	1 T cooking oil
50 g butter	2 large onions, sliced
100 g bacon	50 g flour
small bottle ginger ale	400 ml chicken stock
100 g mushrooms	seasoning

Melt oil and butter in frying pan over gentle heat. Add joints and lightly brown. Place in 1¼ litre size casserole. Fry onions, remove rind from bacon, cut up small, fry gently. Place both in casserole with chicken. Stir flour into the remaining fat in pan, remove from heat, blend in ginger ale and stock. Return to heat, stirring continually bringing sauce to boil by which time it should thicken. Trim mushrooms, add to casserole along with the sauce. Place lid on, and cook on centre rack of oven at 190°C (370°F) for 1¼ hours.

SAVOURY CHICKEN

1 large or 2 small fowls

Boil in a little lightly seasoned water until tender. Remove bird and reserve stock. Remove meat and chop into serving size pieces.

Sauce:

1 onion, chopped	600 ml chicken stock
2 rashers bacon, chopped	1 c chopped parsley (stalks and leaves)
100 g butter	seasoning — salt, pepper, 2 t mixed
4 T flour	herbs
600 ml milk	

Melt butter in a pan and saute onion, bacon and parsley. Add flour and cook for 2 minutes. Add milk slowly stirring all the time. Add chicken stock, gradually stirring. Bring sauce to boil still stirring until thickened. Season. Add chicken pieces to sauce and turn into a casserole dish.

Topping:

2 c soft breadcrumbs	garnish — parsley, tomato, bacon
25 g butter, melted	

Mix breadcrumbs and butter and spread on top of dish and brown in a moderately hot oven. Garnish.

SPICY CHICKEN

8-10 chicken pieces
2 c tomato sauce
6 T brown sugar
4 T vinegar

1 T soy sauce
1 T mustard
chopped parsley
salt and pepper

Mix all ingredients together and pour over chicken and bake at 170°C (350°F) for approximately 1 hour.

SWEET AND SOUR CHICKEN

4 T oil
1 clove garlic
4 chicken pieces
15 g seasoned flour

2 tart eating apples
1 small can pineapple pieces
A few black and green grapes
A few slices of stem ginger

Sauce:

2 level t cornflour
2 t soy sauce
3 T vinegar

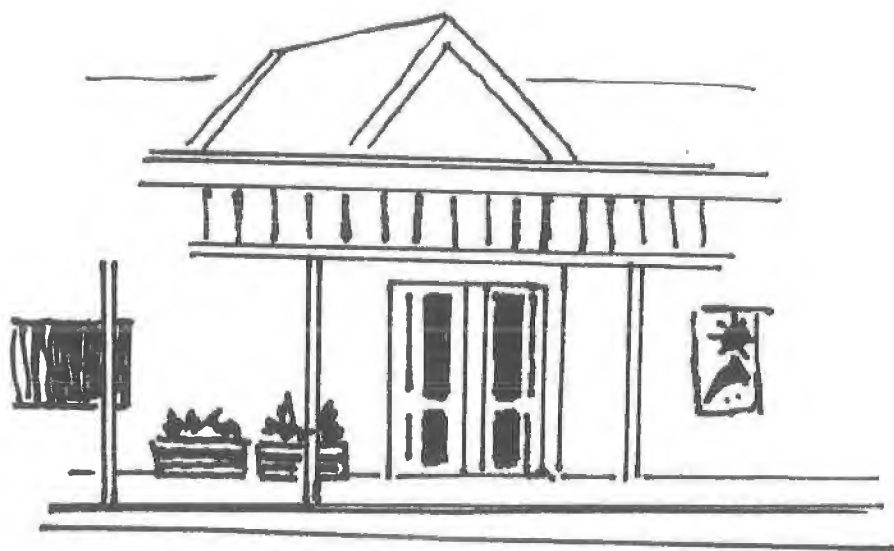
3 T sugar or honey
150 ml chicken stock
150 ml pineapple syrup

Heat the oil, add the crushed garlic. Coat the chicken with seasoned flour and fry until brown on all sides. Lower the heat and add the core and sliced apples, pineapple pieces, grapes and ginger. Continue cooking over a gentle heat for 15-20 minutes or until tender.

Sauce:

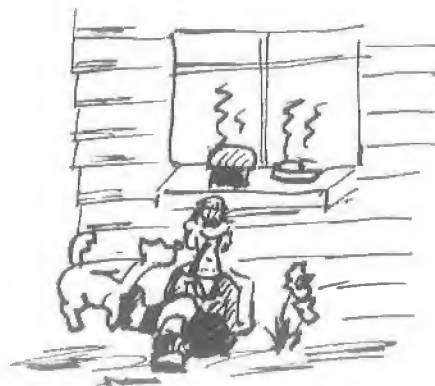
Blend ingredients in a pan, stir gently and boil for 2-3 minutes. Garnish with parsley. Serve with hot boiled rice.

MEAT



Apple Stuffed Ham Loaf
 Beef Casserole
 Beef Miroton
 Beef Stroganoff
 Beer Casserole
 Belgium Stew
 Bon Ton Braise
 Brown Onion Steaks with Pineapple
 Cannelloni
 Casserole of Liver
 Casserole of Pork
 Casserole Steak and Cheese Twirls
 Celery and Steak Casserole with
 Pineapple Dumplings
 Chinese Hotpot
 Chinese Steak
 Chow Mein
 Devilled Kidneys
 Elephant Stew
 French Chops
 Fried Meatballs in Sauce
 Hamburger Potato Pie
 Hawaiian Meatloaf
 Hungarian Goulash
 Indian Pilaf
 Kai-se-ming
 Lamb Curry
 Lamb with Apple Mint Sauce
 Lemon Fillet of Pork
 Meatballs in Sauce
 Meatloaf with Barbecue Sauce

Meat Slice
 Mexican Mince
 Mini Hot Dogs
 Moussaka
 Parcelled Steak Dinner
 Pineapple Beef Casserole
 Pork Chops in Orange Sauce
 Pork Pieces Casserole
 Quick Lasagne Frypan Dinner
 Rissoles
 Sauerbraten
 Sausage and Egg Pie
 Sausage Loaf
 Sausage Patties
 Sausage Roll Ultimate
 Savoury Chops
 Savoury Sausage and Cheese Slice
 Savoury Topside
 Spaghetti and Meatballs
 Spicy Steak Casserole
 Steak Marinade
 Sweet and Sour Pork
 Sweet Curry
 Supa-Savs
 Tangy Apple Meatballs
 Tangy Lamb Casserole
 Tasty Casserole of Pork
 Veal Cordon Bleu
 Venison Casserole
 Venison Stroganoff Style
 Wiener Schnitzel



APPLE STUFFED HAM LOAF

2 eggs
¼ c milk
salt and pepper
1 c fresh breadcrumbs
500 g chopped ham pieces
500 g chopped pork pieces
1 small onion

50 g butter
1 large cooking apple, sliced
3 c bread pieces (1 cm square)
salt and pepper
½ c raisins
¼ t mixed herbs
1 T sugar

Beat eggs. Add milk, salt, pepper, breadcrumbs and meat and mix. Brown chopped onion in butter. Add apple, bread squares, raisins, salt, pepper, mixed herbs, sugar and mix. Press half the meat mixture into large loaf tin. Pack stuffing on top. Add rest of meat. Bake at 200°C (400°F) for 1 hour. Slice when cold.

BEEF CASSEROLE

1.5 kg blade or flank beef
4 carrots
500 g tin pineapple rings and juice
3 large onions

500 g tin tomato soup
1 T flour or cornflour
salt and pepper
seasoned flour

Cut steak into small pieces. Drop in seasoned flour. Take a large casserole dish and add a layer of onions, pineapple rings, carrots and meat. Repeat layers. Mix pineapple juice with tomato soup and flour or cornflour. Add a little extra salt and pepper. Pour over ingredients in casserole dish. Cook in moderate oven 2½–3 hours. A cup of peas may be added during last half hour of cooking.

BEEF MIROTON

3 onions, very finely chopped
2 T butter
1 T flour
1 T vinegar
1 T tomato puree or paste
seasoning and stuffing mix

1–2 oxo cubes
salt and pepper
1 T chopped parsley
750 g sliced cold roast beef
450 ml hot water

Saute onions in butter until very soft and golden brown. Sprinkle flour over them and stir well. Moisten with vinegar. Add oxo cubes dissolved in hot water and tomato puree. Blend until sauce is smooth. Season generously with salt and pepper. Add parsley. Put half of sauce into a baking dish. Place beef slices in dish, cover with rest of sauce. Sprinkle lightly with seasoning and stuffing mix. Dot with extra butter and brown in hot oven at 215°C (425°F).

BEEF STROGANOFF

1 kg rump or fillet steak
2 T tomato paste
30 g butter
1 onion

250 g mushrooms
½ c sour cream
salt and pepper

Cut meat into thin strips, about 1cm x 5cm. Melt butter in pan. Saute peeled and finely sliced onion until transparent. Add meat and continue to cook until almost done. Add sliced mushrooms, saute until meat is tender. Add tomato paste and sour cream, season with salt and pepper, heat through gently. Serve with hot noodles or rice. Serves 4–6.

BEER CASSEROLE

1 kg blade steak
125 g fat
3 onions
300 ml beer
2 T flour

1 T mixed herbs
1 clove garlic, crushed
salt and pepper
300 ml stock/water

Cut up meat and fry in heated fat until brown. Put in casserole dish. Fry onions in same fat. Stir in flour, herbs, garlic, salt and pepper. Mix in beer and stock. Bring slowly to the boil until thickened. Pour sauce over meat. Cover and bake at 150°C (300°F) for 2–3 hours.

BELGIUM STEW

500 g topside steak
2 large onions
2 T butter
30 g chopped bacon
salt and pepper
½ c beer

½ c Maggi beef stock
1 t mustard
1 t sugar
bayleaf
pinch thyme
chopped parsley

Cut steak into fingers and flour. Cut onions into rings and cook in the butter. Add floured meat and brown. Place in casserole dish with chopped bacon, pepper, salt, beer, beef stock, mustard, sugar, bayleaf, thyme and chopped parsley. Cook until smelling 'nice!'. If beer is not used double the beef stock.

BON TON BRAISE

1 kg beef steak
3 T flour
2 onions
clove garlic
2 tomatoes
3 stalks celery
¼ c stock

3 t brown sugar
1 t worcestershire sauce
1 t paprika
1 t meat extract
2 T sherry (optional)
salt and pepper
110 g bacon

Remove rind from bacon and cut into pieces. Place in dry pan and fry until the fat has been removed. Take bacon pieces out of pan. Cut steak up and rub with 2 T flour and place in casserole dish. Add bacon. Chop onion and toss in flour. Spread over meat and add garlic. Slice tomatoes and celery and spread over onion. Add stock to frying pan and sugar, worcestershire sauce, paprika, meat extract, salt, pepper and sherry. Pour sauce over casserole. Cover and bake at 120–150°C (250–300°F) for 2½–3 hours.

BROWN ONION STEAKS WITH PINEAPPLE

500–700 g blade steak
1 packet brown onion sauce mix

1 small can pineapple rings (1 c size)
½ t Worcestershire sauce

Cut the meat into serving sized pieces and place in casserole. Sprinkle with the dry sauce mix. Strain juice from pineapple and make up to 1 cup with water. Add Worcestershire sauce and pour over steak. Cover and bake at 150°C (300°F) for 30 minutes. Turn steak in sauce. Cover and bake for 45 minutes longer until meat is tender. Place pineapple slices on steaks during last 10 minutes of cooking or fry them gently in 1 t butter and 1 t sugar until they are lightly browned.

Garnish pineapple-topped steaks with parsley.

CANNELLONI

Batter:

1 c plain flour
pinch salt

1 egg
300 ml milk

Fillings:

500 g minced steak
1 onion
1 clove garlic
2 t tomato paste
1 T flour

pinch mixed herbs
salt and pepper
½ c red wine
1 t paprika
oil for frying

Bechamel Sauce:

1 T butter
1 T flour
300 ml milk
1 bayleaf
1 onion, sliced

4 peppercorns
parsley stalks
sprig thyme or parsley
salt and pepper

Tomato sauce:

2 t oil
1 onion
1 clove garlic
2 large ripe tomatoes

2 T tomato paste
salt and pepper
bay leaf

Batter: Sift flour and salt into bowl, make well in centre and add egg. Mix with wooden spoon blending in a little of the flour from the side. Gradually add the milk blending thoroughly. Heat a little oil in small frying pan. Pour in enough batter to cover base. Tilt pan until batter spreads. Keep pancake as thin as possible. When cooked on one side, turn and cook the other side. Remove from pan, cook the next pancake, stacking them when each is cooked.

Filling: Put a little oil in saucepan. When hot gently saute onion and garlic, add meat. Cook until brown, stir occasionally with fork. Add the flour blended with the wine, and stir well. Add the remaining ingredients, simmer gently ½-¾ hour until liquid is absorbed. Divide mixture between pancakes, roll up, arrange in casserole.

Bechamel Sauce: Place bayleaf, parsley stalks, onion slices, peppercorns and thyme in saucepan. Add milk, and bring slowly to boiling point. Remove from heat and stand 5 minutes. Melt butter in saucepan, remove from heat, add flour, stir until smooth, gradually add strained milk, stirring constantly. Return to heat, stir until sauce boils and thickens. Season to taste with salt and pepper. Pour over the pancakes.

Tomato Sauce: Heat oil, fry chopped onion and crushed garlic until tender, but not brown. Add strained chopped tomatoes, tomato paste, salt and pepper and bayleaf. Simmer gently 20 minutes. Spoon over white sauce. If desired, sprinkle with a little grated cheese. Bake pancakes in oven 10-15 minutes.

CASSEROLE OF LIVER

500 g liver, sliced and floured	salt and pepper
1 onion, sliced	1 c water
2 apples, sliced	1 T sago
250 g bacon (cut into small pieces)	1 T golden syrup

Cover the sliced liver with all the ingredients. Cover and bake in slow oven for 2 hours.

CASSEROLE OF PORK

4 lean pork chops	good pinch rosemary or sage
salt and pepper	8 prunes
25 g dripping	150 ml cider
2 medium sized cooking apples	150 ml water
250 g onions	

Trim chops, removing excess fat, season and brown on both sides in hot dripping. Peel and slice apples and onions and put half into a casserole. Place meat on top. Cover prunes with hot water and leave for a few minutes. Remove stones and put into casserole. Add rosemary and a little seasoning, then cover with remaining apple and onion.

Mix cider and water together and pour into casserole. Cover with a piece of buttered paper and then with a tight fitting lid. Cook in a slow oven at 160°C (325°F) for about 2 hours. Serves 4.

CASSEROLE STEAK AND CHEESE TWIRLS

750 g schnitzel	2 c peas
salt and pepper	2 T butter
2 onions, sliced in rings	2 tomatoes
2 T worcestershire sauce	cornflour and water to thicken if required
1 pkt mushroom sauce	

Cut meat into small strips. Fry onions until transparent in butter. Add meat and cook for a few minutes. Make up mushroom sauce according to packet. Add worcestershire sauce. Put meat and sauce into casserole dish. Add sliced tomatoes and peas.

Cheese twirls:

1½ c flour	3 t baking powder
85 g butter	¾ c milk
2 t mixed herbs	½ c grated cheese

Sift flour, baking powder and salt. Rub in butter, add enough milk to make a stiff dough. Roll out into a rectangle. Spread mixture of cheese and mixed herbs over rolled scone dough. Roll up and cut as for pinwheels. Place pinwheels on top of casserole. Cook in oven at 200°C (400°F) for 15–20 minutes.

CELERY AND STEAK CASSEROLE WITH PINEAPPLE DUMPLINGS

675 g blade steak or topside steak	1 green pepper, diced
2 T flour	1 T tomato sauce
1 t salt, pepper	1 tin celery soup
2 T butter	2 c water
2 onions, sliced	½ c chopped celery
1 carrot, sliced	

Cut meat, coat with flour, seasoned with salt and pepper. Fry in heated butter until brown. Place in casserole dish. Fry onions and add to meat. Combine soup, water and tomato sauce and add to casserole. Add carrots, pepper and celery. Cover and bake 1½–2 hours at 175°C (350°F)

Dumplings:

1½ c self-raising flour	¾ c drained crushed pineapple
½ t salt, pepper	2 t chopped celery
60 g butter	½ c finely chopped ham
6 T milk	

Crumb Topping:

1 c fresh breadcrumbs	1 T melted butter
30 g grated cheese	

Sift flour, salt and pepper. Rub in butter. Add pineapple, ham and celery. Mix with milk. Drop in dessertspoon lots into cooked casserole. Sprinkle crumb topping on top. Bake uncovered 20 minutes at 190°C (375°F).

CHINESE HOTPOT

2 onions	1 T curry
500 g mince	4 T rice
2 T butter	2 T soy sauce
1 T chicken stock	1 T sugar
2½ c water	

Melt butter in frypan. Brown mince and onions. Add other ingredients, then simmer for 20 minutes. Five minutes before serving, toss through shredded cabbage.

CHINESE STEAK

1 kg rump steak	4 T soy sauce
black pepper	salt (to taste)
2 T tomato sauce	¼ c vinegar
½ c brown sugar	1 green pepper
500 g pineapple pieces	½ c cashew nuts
carrots, beans etc.	cornflour to thicken

Brown the steak (sliced long and thin). Add sauces, vinegar and pineapple juice. Cover and let it simmer for 20 minutes to ½ hour. Add pineapple, green pepper, nuts and vegetables etc. Cook a further 5 minutes. Thicken before serving.

CHOW MEIN

500 g mince
2 pkts chicken noodle soup
½ cabbage, shredded
250 g beans, sliced
2 onions, chopped
2 t curry powder

2 t soy sauce
1 T sugar
2 T rice
2½ c water
3 T sultanas
60 g butter

Brown mince in butter. Add chicken noodle soup. Simmer all ingredients for 20 minutes, stirring occasionally. Add water if necessary.

Serve with rice and tomato slices in season.

DEVILLED KIDNEYS

8 kidneys
flour
salt and pepper
1-2 c stock or just water
1 t vinegar

¼ t mustard
vegetable water
2 rashers of bacon, diced
½ t worcestershire sauce

Soak kidneys. Remove skins and fatty parts and dice the remainder. Roll in flour to which salt and pepper have been added. Gently fry the diced bacon in a saucepan and add the floured kidneys. Toss gently to brown. Add stock or water, worcestershire sauce, vinegar and mustard. Use sufficient stock to give medium to thin gravy. Taste for seasoning. Serve with vegetables or on toast.

Serves 4.

ELEPHANT STEW

1 elephant (medium sized)
brown gravy to cover

salt and pepper
2 rabbits (optional)

Cut the elephant into bite size pieces (reserving the tusks for garnish). This should take about 2 months. Add brown gravy and cook over kerosene fire for about 4 weeks at 250°C (470°F). This quantity will serve approximately 3,801. If a larger quantity is required the two rabbits may be added. Do this only if necessary, as most people do not like to find hare in their stew. Garnish and serve with dill pickles and sour cream.

FRENCH CHOPS

lean chops
onions and carrots, chopped
2 T flour
1 T worcestershire sauce

1 T tomato sauce
salt to taste
1½ c water

Put lean floured chops into casserole dish and cover with the vegetables. Pour over a sauce made from the rest of the ingredients. Put lid on dish and bake 2 hours. When done the gravy will be rich and brown.

FRIED MEATBALLS IN SAUCE

1 kg mince
1 c breadcrumbs

seasoning

Sauce:

1 chopped onion
2 t butter
1 c tomato sauce

pinch ginger, mustard, nutmeg, cloves
2 t curry powder (or according to taste)
1½ c water

Combine mince, breadcrumbs and seasoning and form into balls. Fry meatballs.

Brown onion in butter and add curry powder, ginger, mustard, nutmeg, cloves, tomato sauce and water. Thicken with cornflour mixed to a paste with a little water. Add meatballs to sauce and simmer for about ½ hour.

Sausages or sausagemeat can be used instead of mince. Serve with rice or potatoes.

HAMBURGER POTATO PIE

450 g mince
1 onion, chopped
1 egg
500g unpeeled potatoes, grated onto
cloth and drained

1 T instant beef stock
2 T tomato sauce
1 t Worcestershire sauce

Mix altogether. Press into greased pie-dish (sprinkle with cornflakes and grated cheese, optional). Bake uncovered at 175°C (350°F) for 1-1½ hours. Serve with vegetables. Serves 6.

HAWAIIAN MEATLOAF

500 g mince (or 250 g mince, 250 g
sausagemeat)
pinch pepper
½ t salt
1 T chopped parsley (optional)
1 onion

2 pineapple rings
4 T brown sugar
½ c soft breadcrumbs
1 egg slightly beaten
4 T brown sugar
2 T butter

Grease loaf tin. Melt butter and add sugar. Spread over base of loaf tin. Arrange pineapple rings on it. Mix remaining ingredients. Pat mixture lightly into tin. Bake at 180°C for 45-60 minutes. Run a knife around sides of tin and turn out. Garnish with parsley. Serve hot with vegetables or cold with salad.

For a plain meat loaf omit pineapple, butter and sugar base.

HUNGARIAN GOULASH

1 kg lean beef
500 g onions
1 T oil
¼ t caraway seeds
pinch majoram
2 tomatoes, chopped

1 large crushed clove of garlic
½ t paprika
2 green peppers, seeded and cut into
strips
500 g cooked diced potatoes

Slice onions thinly and fry in oil until golden brown. Cut meat in large cubes and add to pan and brown well. Season with majoram, caraway seeds, garlic, salt, paprika, tomatoes and green pepper. Cook slowly until liquid has evaporated. Add 2 T water, and cooked potatoes. Heat gently.

Csipetka:

1 egg
1 T milk

salt and pepper

Beat egg, add milk, salt and pepper. Pour mixture into hot buttered pan and cook until just thickened. Turn onto board, roll and cut into thin strips. Sprinkle csipetka on top of meat dish.

INDIAN PILAF

1½ c cooked meat — lamb, beef or
chicken cut into cubes
2 T butter, margarine or oil
1 clove of garlic (optional)
½ c currants or sultanas or raisins
¼ t cinnamon
pinch of mace

¼ t ground cloves
¼ t ginger
salt and pepper
1 c coarsely chopped onion
1 c raw rice
2 c instant chicken stock

Brown onions and garlic. Add meat, rice, spices, dried fruit, salt and pepper. Stir in chicken stock. Cook covered until rice is tender and separated from one another — about 18 minutes. Garnish with hard boiled eggs or serve with grated raw carrot or with coleslaw.

Very easily expanded to cater for greater numbers. Ideal for leftover cold meats. Serves 3-4.

KAI-SE-MING

1 onion
50 g butter
1 t curry powder
1 T uncooked rice
½ cabbage, sliced
250 g beans, sliced or frozen

1 packet chicken noodle soup
3 c water
500 g mince
1 t mixed herbs
¼ t pepper and salt
2 stalks celery

Brown onion and mince in butter and add remaining ingredients, except for vegetables. Cook with lid on stirring frequently over low heat as it burns easily. Cook 40 minutes. Five minutes before serving, add vegetables.

KIDNEYS AND MUSHROOMS

4 sheeps kidneys
1 rasher bacon
1 large onion
1 T worcestershire sauce

salt and pepper
1 small tin mushrooms
flour to thicken
300 ml water

Chop onion, kidney and bacon and brown in fat. Add water and seasonings. Simmer 20 minutes. Add mushrooms, simmer 5 minutes. Thicken with flour.

For mushrooms substitute 1 packet Maggi mushroom soup powder.

LAMB CURRY

1.5 kg boned lamb
2 T oil
3 large onions, chopped
3 cloves garlic, chopped
1 T chopped fresh root ginger
2 T curry powder
3 t salt

2 T vinegar or lemon juice
3 large tomatoes, chopped
2 fresh red or green chillies
2 T fresh mint, chopped
1 t garam masala
1 T extra chopped mint or coriander

Cut lamb into squares. Heat oil and add onions, garlic and ginger. Cook until soft and golden. Add curry powder, salt and vinegar and stir thoroughly. Add lamb and stir continually until lamb is coated. Add tomatoes, chillies, mint. Cover and cook 1¼ hours, stirring occasionally. Add ½ cup water if the liquid reduces too much. Add garam masala and chopped coriander for the last 5 minutes of cooking.

LAMB WITH APPLE MINT SAUCE

Serve the following with lamb (hogget or pork)

1 c unsweetened stewed apple
(ballarat or granny smith)
1-2 t chopped fresh mint

salt, pepper and sugar to taste
1-2 t vinegar

Mix the apple and the chopped mint together. Season with vinegar, salt, pepper and if wished, sugar to taste. Leave several hours for flavours to develop.

LEMON FILLET OF PORK

225-350 g pork fillet
1 egg
1 lemon

¾ c breadcrumbs
sprig parsley
lard

Split fillet lengthwise, and beat to flatten it. Cut into 2 pieces. Beat egg with the juice of one lemon and dip meat into this (may be marinated in this). Roll meat in breadcrumbs. Melt lard, fry meat until golden brown (about 5-10 minutes either side).

MEATBALLS IN SAUCE

Sauce:

2 onions finely chopped
2 t brown sugar
½ t curry powder
½ empty soup tin water

pinch mustard
small t salt
500 g tin tomato soup

Bring to boil in a saucepan.

Meatballs:

500 g mince or sausage meat
1 egg

salt and pepper
1 c breadcrumbs

Mix together and roll into balls with floured hands. Add to sauce and boil ½ hour.

MEATLOAF WITH BARBECUE SAUCE

500 g sausage meat	salt and pepper
500 g minced steak	1 T chopped parsley
1 c fresh breadcrumbs	1 egg
2 onions	¼ c milk
2 t curry powder	¼ c water

Combine sausage meat, minced steak, breadcrumbs, peeled and finely chopped onions, curry powder, salt, pepper, parsley and lightly beaten egg in bowl. Beat until mixture is well combined. Gradually add milk and water, continue beating until mixture is very smooth. Shape meat mixture into loaf. Place in greased baking dish. Bake in moderate oven for 30 minutes. Remove from oven and carefully pour off any surplus fat. Pour sauce over meatloaf, return to oven, bake for further 45 minutes, basting frequently with sauce. Serve hot with vegetables or cold with salad.

Sauce:

½ c water	¼ c brown sugar
½ c tomato sauce	1 t instant coffee powder
¼ Worcestershire sauce	30 g butter
2 T vinegar	2 T lemon juice

Combine all ingredients in saucepan, bring slowly to boil, reduce heat, simmer 5 minutes. Serves 4-6 people.

MEAT SLICE

1½ c flour	¾ c grated cheese
½ t salt	2 t vinegar
75 g butter	½ c milk

Rub butter in flour and salt. Mix to firm dough with milk and vinegar. Line sponge roll tin with ½ mixture.

Filling:

500 g steak mince	2 T flour
½ c tomato sauce	salt and pepper to taste
1 Maggi brown onion sauce mix	
OR mushroom	

Mix all together and spread on bottom pastry. Cover with other ½ of pastry. Bake 20 minutes at 200°C (400°F), and further 20 minutes at 150°C (300°F).

MEXICAN MINCE

500 g mince	2 large onions
4 T butter	1 c corn
440 g tin spaghetti	salt
1 green pepper (if desired)	

Melt butter in frypan and gently fry onion and green pepper. Add the mince and brown in mixture. Add spaghetti and corn. Cook for 10-15 minutes. Serve with rice and vegetables.

MINI HOT DOGS

- | | |
|---------------------------------|------------------|
| 4 saveloys | ½ t dry mustard |
| 1 egg | ½ t paprika |
| ½ c milk | ½ t curry powder |
| 1 c baking mix or dry scone mix | oil |

Heat 1 cm of oil in a frypan. Heat an electric frypan to 200°C (400°F). Run a sharp knife down the saveloys, then peel off the skins. Cut each saveloy diagonally into 5 or 6 slices, and push an ice-block stick into each slice.

Break the egg into a medium sized bowl. Add the milk, baking mix or scone mix, and the seasonings. Stir with a fork. Do not overmix or the hot dogs will be tough. The mixture should be lumpy after you finish mixing. Hold the bowl on an angle and turn the hot dogs in it, one at a time, so some batter touches the stick and the piece of saveloy is completely covered. Put each hot dog flat in the hot oil or fat. Turn it over when it is golden brown, using tongs. Cook the other side, then drain on paper and serve straight away. Serves 4.

MOUSSAKA

- | | |
|----------------------|-----------------------|
| 1 onion | 2 medium egg plants |
| 6 T oil | 2 T flour |
| 250 g cooked mince | 2 T butter |
| 1 T tomato puree | 1½ c milk |
| ½ t cinnamon | ⅓ c grated cheese |
| salt and pepper | 1 egg beaten |
| 4 T red wine | freshly ground pepper |
| 1 T parsley, chopped | grated nutmeg |

Fry onion in 1 T oil. In a bowl mix tomato puree, wine, parsley, cinnamon, salt and pepper. Cook in a pan for 10 minutes. Add meat and mix well. Slice egg plant into 1.5 cm rounds then halve and fry in 5 T oil until lightly browned. Drain on absorbent paper. In a buttered baking dish, add alternate layers of egg plant and meat mixture.

Melt butter in pot and add flour. Slowly add milk and stir until thickened. Remove from heat and stir in cheese, egg and nutmeg. Pour sauce over meat and egg plant. Bake at 180°C (350°F) for 1 hour until top is golden brown.

PARCELLED STEAK DINNER

- | | |
|---|------------------|
| 700 g chuck or topside steak cut 2.5 cm thick | 3 medium carrots |
| 1 packet onion soup | 2 potatoes |
| 2 stalks celery | 2 T butter |
| | ¼ t salt |

Cut a piece of aluminium foil about 40 cm square. Place the meat in the centre of the foil and sprinkle with soup powder. Place celery (cut into 5 cm length), quartered carrots and halved potatoes on top. Dot the vegetables with butter and sprinkle with salt. Fold the foil over and seal. Bake at 230°C (450°F) for 1¼–1½ hours.

PINEAPPLE BEEF CASSEROLE

500 g blade steak
¼ c flour
½ t salt
pepper to taste

1 onion sliced
250 g can tomato soup
400 g can pineapple pieces (syrup)
parsley, chopped

Cut beef in pieces and coat with flour. Put in casserole with salt and pepper. Cover with sliced onion, tomato soup, pineapple pieces and syrup. Cover and cook at 150°C (300°F) for 2 hours. Adjust seasonings and sprinkle with parsley. Serve with mashed potatoes or rice, peas and carrots.

Note: you may add mixed vegetables to casserole after first hour of cooking.

PORK CHOPS IN ORANGE SAUCE

4 pork chops
2 T flour
salt and pepper
2 T butter

1 T brown sugar
pinch ginger
grated rind and juice of two oranges
orange segments

Trim chops and coat in seasoned flour. Melt butter and brown chops well on both sides. Combine ginger, sugar, orange rind and juice and pour over chops. Cover and bake at 175°C (350°F) for 45–50 minutes.

Just before serving add orange segments to heat through.

PORK PIECES CASSEROLE

500 g pork pieces, cubed
2 onions
½ t curry (or less)
1 T brown sugar

salt and pepper
2 T worcestershire sauce
2 T lemon juice or 1 T vinegar
1 tin pineapple pieces

Brown pork and onion in butter. Drain pineapple pieces and make juice up to 2 cups by adding water. Mix with rest of ingredients (except pineapple pieces) and pour over pork and onions. Cook casserole 1½ hours. Thicken with cornflour. Add pineapple and return to oven to heat through. Serve with rice.

QUICK LASAGNE FRYPAN DINNER

1 large onion, sliced
1 T butter
450 g mince
1 packet tomato soup
4½ c water

1 T instant beef stock
1 c frozen vegetables or peas
200 g (approx) Diamond lasagne
½–1 c grated cheese

Lightly cook onion in butter, add mince and cook for 5 minutes. Add dry contents of tomato soup packet, water, instant stock and frozen vegetables. Bring to boil. Add lasagne to boiling mixture and simmer for 20–25 minutes, stirring occasionally.

Sprinkle each serving with grated cheese.

RISSOLES

500 g sausage meat
1 onion, chopped
1 carrot, grated

1 egg
seasoning
any leftover vegetables (optional)

Mix all ingredients together with hands. Make balls and cover with flour. Fry with lid on pan. Turn. Take rissoles out of pan, drain fat, add cold water, 1 T marmite, flour and bring to boil. Once thickened return rissoles to the pan. Serves 6-8.

SAUERBRATEN

1 kg beef
½ c vinegar
1 t salt
5 peppercorns
1 clove

1 bayleaf
1 onion, chopped
1 carrot, sliced
1 ½ t butter
¾ c water

Combine in saucepan vinegar, clove, peppercorns, bayleaf, onion and carrot and bring to boil. Remove from heat and leave to cool. Place beef in bowl, pour mixture over it and marinate for two days.

Drain the meat and save the marinade. Melt butter in pot and brown meat well before adding marinade. Cook slowly for 2 hours. Add sour cream, stirring well and cook a further 15 minutes.

Serve with potato cakes.

SAUSAGE AND EGG PIE

250 g shortcrust pastry
1 T butter
85 g bacon
1 beef Oxo cube
500 g sausage meat

100 g mushrooms, chopped
1 small onion, chopped
1 T parsley, chopped
4 eggs

Roll our pastry fairly thinly to line a 20 cm pie plate. Beat eggs well and add seasoning. Heat butter in a pan and fry bacon, mushrooms, onion, crumbled oxo cube until beginning to brown. Add sausage meat and fry for 15 minutes stirring frequently. Add chopped parsley. A T of tomato sauce and a dash of worcestershire sauce may be added.

Spread evenly in pastry case. Pour well seasoned beaten eggs on top and bake at 200-215°C (400-425°F) for 40 minutes or until set.

Serve hot or cold.

SAUSAGE LOAF

1 kg sausage meat
1 onion, finely chopped
2 eggs
1 T Vegemite

1 T of golden syrup
1 t mixed herbs
2 slices of bacon, chopped

Bind together and bake for 2 hours at 175°C (350°F) in a covered dish.

SAUSAGE PATTIES

500 g sausage meat
2 T chopped parsley
seasoning
1 T mixed herbs
sprigs of parsley

50 g butter or fat
3 dessert apples
250 g bacon
25 g flour

Mix together sausage meat, parsley, seasoning and herbs. Shape into 6 patties and dust with flour. Fry in hot butter for 5-6 minutes each side. Keep warm. Core and slice but do not peel the apples. Fry apple rings for 2-3 minutes each side or until cooked. Remove rind from bacon. Form into rolls, put on skewer and grill.

Arrange sausage patties and apple rings on a serving dish. Garnish with bacon rolls and parsley.

SAUSAGE ROLL ULTIMATE

1-2 c mixed vegetables (frozen)
1 medium onion
500 g flakey puff pastry
500 g sausage meat

½ t salt
1 egg
2 t curry powder

Place frozen vegetables and chopped onion in a saucepan with a little water. Boil 5 minutes and drain. Cool. Roll pastry to form a rectangle about 38cm x 20cm. Place on sponge roll tin. Mix sausage meat, drained vegetables and all other ingredients together. Spread on half pastry and roll other half over like a giant sausage roll. Seal edges and bake at 190°C (375°F) for 45 minutes or until golden brown. Serves 4-6.

SAVOURY CHOPS

4 leg chops
1 T Worcestershire sauce
2 T plum jam

2 onions
salt and pepper
½ c water

Arrange chops in casserole dish. Mix sauce and jam and spread over chops. Add sliced onion, salt and pepper. Pour water over chops. Cover and bake at 175°C (350°F) for 1½ hours. Pour fat off and make a gravy.

SAVOURY SAUSAGE AND CHEESE SLICE

500 g sausage meat
1 large potato
¼ c breadcrumbs (optional)
2 large onions, finely chopped

1½ c grated cheese
4 T tomato sauce
2 eggs
salt and pepper to taste

Grate the potato into the sausage meat. Add the breadcrumbs and half the onion. In a different bowl put in cheese, onion, tomato sauce, eggs, salt and pepper. Mix well. Put sausage meat in an oven dish (20cm x 25cm) and press until flat. Add the grated cheese mixture evenly across the sausage meat. Bake in a moderate oven.

SAVOURY TOPSIDE

500 g topside steak	1 small carrot
2 rashers bacon	3 c water
2 potatoes	2 T flour
1 onion	salt and pepper

Cut steak and bacon into small pieces. Peel onion and potatoes. Scrape and slice carrot. Slice onion. Cut each potato into four or six. Put steak, bacon and vegetables into a baking dish. Sprinkle with salt and pepper. Blend flour and water together and add to contents in dish. Bake in a slow oven for 2½ hours.

SPAGHETTI AND MEATBALLS

Meatballs:

400 g mince meat	salt, ground pepper
1 egg	1 clove garlic, crushed
¾ c dry breadcrumbs	1 t beef stock
2 T tomato sauce	parsley, chopped
1 small onion, finely chopped	

Combine all ingredients and mix well. Shape into small balls and place on well greased oven tray. Bake at 200°C (400°F) for 15 minutes until brown, or fry in hot oil for approximately 10 minutes and drain.

Sauce:

1 packet Maggi spicy italian sauce	1 T worcestershire sauce
280 ml water	1 clove garlic
½ green pepper	420 g tin of peeled tomatoes

Prepare spicy italian sauce as directed on the packet. Add remaining ingredients and simmer another 15 minutes over low heat. Serve with spaghetti and green salad.

SPICY STEAK CASSEROLE

1 kg stewing steak	½ c water
¼ c flour	1 t worcestershire sauce
2 T brown sugar	2 T tomato sauce
1 t curry powder	2 T port, wine or sherry (optional)
½ t ground ginger	peeled rind of 1 orange or 1 lemon (optional)

Mix flour, brown sugar, curry powder, ground ginger, water, tomato sauce and worcestershire sauce together in a casserole. Add cut up meat. If using optional ingredients add wine or sherry with other liquids. Place rind on top of meat and liquid so that it can be removed after cooking.

Leave to stand for at least 2 hours (overnight ideal) before cooking at 150°C (300°F) for 2 hours. If possible stir once or twice while cooking.

STEAK MARINADE

Marinade:

2 T brown sugar	juice of a lemon
2 T soy sauce	clove of garlic (optional)

Put steaks into the marinade and leave for at least ½ hour (all day if possible). After steaks have been marinated cook as usual but for only 5 minutes each side.

SWEET AND SOUR PORK

1 kg pork pieces or strips
2 T vinegar
2 T soy sauce

1 t ground ginger
½ t paprika
1 tin pineapple pieces and juice

Brown pork pieces. Cover with water. Add vinegar, soy sauce, ginger and paprika. Thicken and add pineapple pieces and juice. Cook for about 1½ hours in oven or electric frypan.

SWEET CURRY

1 kg braising steak
2 t curry powder
2 chopped onions
1 grated apple
1 packet brown onion sauce

1 T tomato sauce
1 packet Maggi onion soup
pinch salt and pepper
small tin crushed pineapple

Brown chopped floured meat. Put in dish, add onions, sauce etc. Cover with hot water and cook in slow oven 2–3 hours.

SUPA-SAVS

Allow 2 saveloys per person. Boil saveloys to get rid of excess fat and skin. Cut saveloys in half length-ways and place cut side down on oven-tray and grill. When slightly browned turn saveloys over and spread with tomato sauce. Cover with grated cheese and finely chopped onion. Grill in oven until brown. Serve immediately.

TANGY APPLE MEATBALLS

250 g mince
½ t salt
pepper
small onion, grated
1 c tomato puree or soup

4 T chopped parsley
1 c cornflakes
½ c apple (stewed or grated)
6 T water
pinch herbs

Crush cornflakes slightly. Mix all ingredients except tomato and water. Shape into balls. Place in shallow baking dish. Mix tomato and water and pour over meat balls. Bake at 175°C (350°F) for 45 minutes. Serve with rice or noodles.

TANGY LAMB CASSEROLE

leg chops
onion, sliced thinly
lemon, sliced thinly
tomatoes, fresh or bottled, sliced

½ c tomato sauce
1 t worcestershire sauce
½ c water

Trim leg chops and place in casserole. Cover with a layer of onion, lemon and finally a good layer of tomatoes. Pour over a liquid mixture of water, tomato sauce and worcestershire sauce. If desired, top with grated cheese and finely chopped bacon. Bake 2 hours in moderate oven.

TASTY CASSEROLE OF PORK

Pork chops or pork fillets

Mix together garlic, thyme, oil, parsley and pepper. Rub over meat and bake about 2 hours. Make sauce with orange juice and honey thickened with cornflour.

VEAL CORDON BLEU

8 thin slices veal	2 eggs, beaten
4 slices cheddar cheese	salt and pepper
4 slices cooked ham	4 T flour
3 c fresh breadcrumbs	50 g butter

Pound meat with mallet. Brush one side with egg and place slice of cheese and ham on top. Place another slice of veal over this and pound edges together. Coat in seasoned flour, and brush with egg and roll in breadcrumbs. Place in pan with melted butter and cook slowly on both sides till golden brown.

Sauce:

1 T butter	2 skinned tomatoes, chopped
2 chopped onions	300 ml beef stock
100g mushrooms, chopped	salt and pepper
1 green pepper, chopped	3 T yoghurt

Melt butter in saucepan. Saute onions, mushrooms and pepper for 5 minutes. Add tomatoes, stock and salt. Bring to boil and simmer for 10 minutes. Mix in yoghurt and serve around the cooked veal.

VENISON CASSEROLE

1 kg venison	½ t paprika
2 T flour	2 T butter
2 small onions	1 t salt
1 tin mushroom soup	black pepper

Cut venison into pieces. Roll in seasoned flour. Brown chopped onions in butter until golden. Add venison and brown a few minutes more. Remove to casserole. Pour soup over. Cover and bake in a moderately slow oven, about 160°C (325°F) for 2 hours. Add a little water or stock if necessary. Taste for seasoning, and serve.

VENISON STROGANOFF STYLE

500 g venison, cut into thin strips	½ c sour cream
3 T flour	1½ c water
salt and pepper	1 T sugar
1 onion	150 g button mushrooms, sliced
1 c tomato juice	

Dredge meat with flour, salt and pepper. Chop the onion and brown lightly with meat in oil. Add tomato juice, water and sugar and simmer until tender.

Ten minutes before serving, add mushrooms and sour cream. Serves 4.

WIENER SCHNITZEL

500 g veal fillets
salt and pepper
1 egg
breadcrumbs
1 lemon

1 t chopped parsley
1 chopped hard boiled egg
1 onion
seasoning

Season fillets and squeeze on lemon juice. Dip in flour, egg and breadcrumbs.

Melt butter or oil in frypan until fairly hot. Fry schnitzel until golden brown. Add parboiled sliced onion. Decorate fillets with lemon slices, parsley and chopped up egg. Serve with pineapple rings fried in butter. Nice served with brown gravy.

VEGETABLES



Beans — Green
Beetroot Pot Pourri
Broccoli
Brussel Sprouts with Lemon Sauce
Cabbage
Carrots — Lemon Mint
Cauliflower Saute
Corn and Bacon Pie
Corn Chowder
Courgette au gratin
Courgette Provencale
Curly Kale
Curried Cucumber
Mint Chutney
Mushroom Risotto
Mushrooms and Spiral Pasta

Mushrooms in Cream
Peas in Orange Sauce
Peppers — Stuffed
Pickled Peppers
Pineapple Chow Chow
Potatoes — Buffet
Potato Cakes
Potato Hot Pot
Potato Puffs
Potato Stickleback
Pumpkin
Tomatoes in Basil Cream
Tomatoes — Stuffed and Baked
Tomato Relish
Westphalia Balls
Yams — Buttered and Glazed



BEANS — GREEN

Slice beans, add a clove of crushed garlic and 1 t of peeled and chopped root ginger and salt. Melt butter in fry pan. Lightly braise vegetables. Add a small amount of water. Cook with lid on until tender stirring occasionally.

BEETROOT POT POURRI

1 kg beetroot	2 eating apples
50 g butter	2 T vinegar
2 onions	salt and sugar to taste

Cook beetroot in water until tender. Remove skins. Heat butter and fry onions. Grate beetroot and apple and add to onions with vinegar, cloves salt and sugar. Simmer 15-20 minutes. Serve hot.

BROCCOLI

Blanch segments in boiling water. Drain. Dip in fritter batter and fry in oil. Serve with cheese or hollandaise sauce.

BRUSSEL SPROUTS WITH LEMON SAUCE

500 g brussel sprouts trimmed and washed	1 large or 2 small egg yolks
boiling salted water	salt
2 T fresh lemon juice or to taste	freshly ground pepper

Cook the sprouts in 3 cm of boiling water until tender but firm. Drain liquid and keep in small bowl. Keep the sprouts warm in the saucepan. Put the egg yolks into a heated serving dish and beat them well with a fork. Beat in about 1-2 T of the cooking liquid. Season and beat in the lemon juice. Turn sprouts into the sauce and toss to coat them. This simple sauce can be used with green beans, cauliflower, broccoli and chick peas.

Serves 3-4.

CABBAGE

Heat a small quantity of butter in a saucepan. Add sliced onion, celery and bacon pieces. Wash and slice cabbage finely. Do not dry. Put into saucepan with lid on tightly, and cook 5-7 minutes stirring occasionally.

CARROTS — LEMON MINT

Cook carrot strips in chicken stock. Drain. Squeeze lemon juice over carrots and sprinkle with finely chopped mint. Stand 5 minutes for flavour to be absorbed

CAULIFLOWER SAUTE

½ large or 1 small cauliflower	black pepper
60 g butter	a little salt if needed
2 T pine kernels	1 T parsley, finely chopped
1 clove garlic — crushed	

Cut the cauliflower into small florets. Bring a large saucepan of water to boil and add the cauliflower. Cook for a few minutes so that it is still crisp. Drain. Run cold water through to prevent further cooking. Drain well.

Melt butter in frying pan. Add pine kernels. Cook a minute to coat with butter. Add garlic, cauliflower, pepper, and salt. Toss until cauliflower is hot and pine kernels golden. Add parsley. Toss and serve.

CORN AND BACON PIE

3-4 bacon rashers (bacon ends are quite satisfactory and much cheaper)	400 g tin whole corn
2 onions	1½ t chicken stock
3 sticks celery	2 c water
½ green pepper (optional)	1 heaped T flour
	60 g butter

Melt butter, saute onions and finely chopped bacon (do not brown). Add celery and green pepper and cook very slightly. Add flour, chicken stock and stir well. Add water and drained corn. Bring to boil and put in casserole dish. Sprinkle with the following topping — 1 c grated cheese, 3 slices bread (finely crumbed), large handful of parsley. Parsley and breadcrumbs can be blended in a food processor. Bake at 160°C (325°F) for about 25 minutes. Serve with warm bread rolls.

CORN CHOWDER

3 T butter or margarine or oil	½ c water
1 large onion chopped	2 t salt
2-3 cobs of corn or 1 tin whole kernel	3 c milk
2 c canned tomato (fresh in season cut up in pieces)	dash of pepper
1 large potato diced	2 T cornflour

Melt butter and tan onions. Add vegetables, water, salt and pepper. Cook until just tender. Add milk and bring to the boil. Add cornflour mixed with a little water and stir until thickened. Serve with parsley if desired. Other vegetables may be used when in season.

Serves 4-6.

COURGETTE AU GRATIN

500 g courgettes	butter
1 egg	3 T grated mild cheese
⅓ c cream	salt and pepper

Cut courgettes into 1 cm slices. Put in casserole with lid. Add water and salt and cook until just tender. Mix egg, cream and cheese and pour over drained courgettes. Dot with butter and bake in hot oven with lid off until set and brown.

COURGETTE PROVENCALE

500 g courgettes
salt and pepper
75 g butter

1 onion
2 tomatoes

Wash courgettes. Cover with cold water in a saucepan. Boil for 5 minutes. Drain and cut into 2.5 cm slices. Season. Heat 50 g of the butter in a frying pan and fry courgettes for 6-8 minutes until they are golden, turning them occasionally. Transfer to a warm serving plate. Add the remaining butter to the pan. Peel the onion and slice into rings. Fry in the hot butter until softened but not coloured. Skin, and slice the tomatoes. Add to the pan and cook for a few minutes. Arrange the onion and tomato over the courgettes.

Serves 4-6.

CURLY KALE

750 g curly kale
50 g butter
1½ kg potatoes, peeled and cubed

½ t pepper
1 t salt
1 smoked sausage

Strip leaves off stems of kale, and boil leaves in a little water (10 minutes). Drain but save water. Put kale through mincer and put back in pan with the saved water. Add butter, potatoes, salt and pepper. Boil slowly until the potatoes are soft. Add smoked sausage and simmer 20 minutes. Take sausage out and mash curly kale and potatoes together. (If you have no smoked sausage eat with fried bacon).

CURRIED CUCUMBER

6 medium cucumbers
3 large onions
3 peppers, red or green
2 t mustard seed

1 t celery seed
½ c salt
4½ c white vinegar
2 c sugar

Slice cucumbers, onions and peppers 5 mm thick. Sprinkle with ½ c salt, cover with water and stand 5 hours. Drain. Boil vinegar, curry powder, celery and mustard seed and sugar. Add drained vegetables and bring back to boil. Pack into jars. Can be used next day.

MINT CHUTNEY

3 c vinegar
2 c sugar
2 t mustard
4 T chopped mint
250 g tomatoes, skinned

1 t plain salt
4 peeled apples
6 medium onions
1 c raisins

Boil the vinegar and add sugar, mustard and chopped mint. Boil 5 minutes and leave to cool. Cut the tomatoes into small pieces and sprinkle with plain salt. Mince together the apples, onions and raisins and add to the vinegar along with the salted tomatoes.

Bottle and keep 10 days before using.

MUSHROOM RISOTTO

2 T butter	3 c chicken stock
¼ c spring onions, chopped	½ c dry white wine
125 g mushrooms	2 T parsley
1 c raw long grain rice	

Melt the butter in a frypan. Finely chop the spring onions and saute in the hot butter until they are soft, but not browned. Wash the mushrooms and remove the stalks. Halve if large. Add the rice and stir constantly until the rice is coated in butter. Add the chicken stock and wine.

MUSHROOMS AND SPIRAL PASTA

500 g cooked spirals (diamond pasta)	1 large can mushroom (or fresh mushrooms)
1 onion, finely chopped	
1½ c tomato puree	

Turn cooked spirals into a serving dish. Soften chopped onion in butter. Add tomato puree, mushrooms, salt and pepper. Stir until mixed together over heat. Mix through cooked spirals in serving dish. Add grated cheese and breadcrumbs as a topping. Place under grill until golden brown. Serve with bacon or on toast.

Serves 4-6.

MUSHROOMS IN CREAM

30 g butter	freshly ground pepper
500 g mushrooms, trimmed and sliced	⅛ t ground nutmeg
150 ml double cream, hot	2 T finely chopped parsley
salt	buttered rice

Heat the butter in a frying pan. Add the mushrooms. Stir over medium heat, for about 2 minutes. Add the cream, salt, pepper and nutmeg. Cook, stirring all the time, until the cream has thickened. Sprinkle with parsley and serve on hot buttered rice.

PEAS IN ORANGE SAUCE

500 g peas	½ t salt
2 T butter	½ t grated orange rind
1 T sugar	½ c orange juice
1 t cornflour	

Cook peas, drain. Add butter. Mix together sugar, cornflour, salt, orange rind and juice. Add to peas and heat until sauce is slightly thickened.

PICKLED PEPPERS

2 c white vinegar	1 c sugar
4 c water	2 t salt
1 t pickling spice (minus cloves and only 1 chilli)	Celery and mustard seeds, optional

Boil all ingredients for 5 minutes. Prepare 14 small (8-10 large) peppers. Wash, de-seed, slice and add to syrup. Simmer 30 seconds in syrup. Pack into sterilized jars with a cinnamon stick. Use overflow method. Seal. Ready in three weeks. The entire jar, minus the cinnamon stick, is an ideal base for a salad. Add apple, celery, tomato, onion, cauliflower etc.

PEPPERS — STUFFED

6 red or green peppers

400 ml tomato puree or sauce

Stuffing:

50 g butter

1 c cooked ham, mince or chicken

1 c rice

salt and pepper

1 c mushrooms

600 ml Maggi chicken stock

1 onion

Cut tops off peppers, scoop out seed and blanch in boiling water. Dry. Soften onion in butter in pan. Add rice, meat, mushrooms and stock. Simmer until rice is tender. Put this mixture into peppers and pour tomato puree round peppers placed in a casserole dish. Cover dish and cook approx 30 minutes until peppers are tender.

PINEAPPLE CHOW CHOW

1.5 kg green tomatoes

500 g tin pineapple (crushed or pieces)

4 large onions

4 c sugar

1 large cauliflower

1½ c flour

2 t salt

½ T mustard

600 ml vinegar

½ T tumeric

Cut tomatoes, onion and cauliflower. Cover with water. Add salt and boil until cooked. Strain well. Return to pan and add vinegar, pineapple and sugar. Boil all ingredients together and thicken with flour mixed with pineapple juice, vinegar, mustard and tumeric. Simmer for 5 to 10 minutes. If you use crushed pineapple this may be put through a mouli and will make a lovely spread.

POTATOES — BUFFET

Slice peeled potatoes into a casserole dish. Sprinkle with salt and pepper. Almost cover with milk and grate tasty cheese on top. Bake at 150°C (300°F) until potatoes are cooked and cheese brown. (A good dish for a large buffet meal).

POTATO CAKES

1 kg potatoes

1 egg

50 g self raising flour

salt and pepper

Grate potato into cold water. Drain. Press onto towel to dry. Beat egg and add flour, salt and pepper. Add potato. Cook spoonfuls in hot oil until crisp.

Good with steak, fish and salad.

POTATO HOT POT

1 c water

potatoes, sliced

1 c milk

salt and pepper

1 onion, sliced

celery, chopped

Place in a large non-stick saucepan on low heat and add onion. Cook onion for a few minutes and add sliced potatoes to fill up liquid. Cook slowly approximately 30 minutes. Cover with breadcrumbs and grated cheese and brown under grill.

POTATO PUFFS

85 g flour
60 g butter
2 eggs

300 ml cold water
80-100 g mashed potatoes

Add egg yolks to mashed potatoes. Heat water and butter with a pinch of salt in a saucepan. When boiling add flour all at once. Remove from heat and beat thoroughly. Let it cool. Beat in egg whites a little at a time. Beat in potato mix. Shape between two butter spoons and deep fry.

POTATO STICKLEBACK

Choose a firm potato, eg Rua. Peel, slice in half longwise and boil or steam until cooked but firm. Place smooth side down in an oven dish and cut in 1 cm or more across the top. Brush with butter or plain yoghurt and sprinkle with salt, cheese or sesame seeds. Cook under grill until brown for about 10 minutes.

PUMPKIN

Peel and slice pumpkin in 2 cm thick pieces. Melt a small amount of butter in a casserole with lid. Add pumpkin and turn until coated. Sprinkle with brown sugar and nutmeg. Put lid on and bake until tender at 175°C (350°F) for 30 minutes approximately.

TOMATOES IN BASIL CREAM

500 g firm ripe tomatoes, peeled
30 g butter
¼ c cream
salt and black pepper

½ t sugar
1 t fresh chopped basil or a pinch of
dried basil

Slice peeled tomatoes thickly. Melt butter. Add tomatoes and season with salt, pepper, sugar and basil. Cook 1-2 minutes, turning once until just slightly softened. Add cream and simmer gently for 1-2 minutes longer.

TOMATOES — STUFFED AND BAKED

6 large tomatoes
2 c wholemeal breadcrumbs
2 medium onions-chopped finely
4 T green peppers, chopped

½ t mixed herbs
½ c grated cheese
salt and pepper

Cut tomatoes in half and scoop out pulp. Mix other ingredients using tomato pulp to mix and fill tomato halves. Bake in a buttered dish at 175°C (350°F) for 20 minutes approximately.

TOMATO RELISH

3 kg ripe tomatoes

1 kg sugar

2 t mustard

vinegar to cover (about 850 ml)

1 kg onions

2 t curry powder

1 t cayenne pepper (may need less)

Cut up tomatoes and onions. Cover with vinegar and stand for 1 hour. Bring to the boil and boil for 5 minutes. Add all other ingredients. Stir well and boil for 1½ hours. Bottle while hot. Seal when cold.

WESTPHALIA BALLS

250 g mashed potatoes

50 g chopped ham

pepper and salt

little egg to bind

breadcrumbs

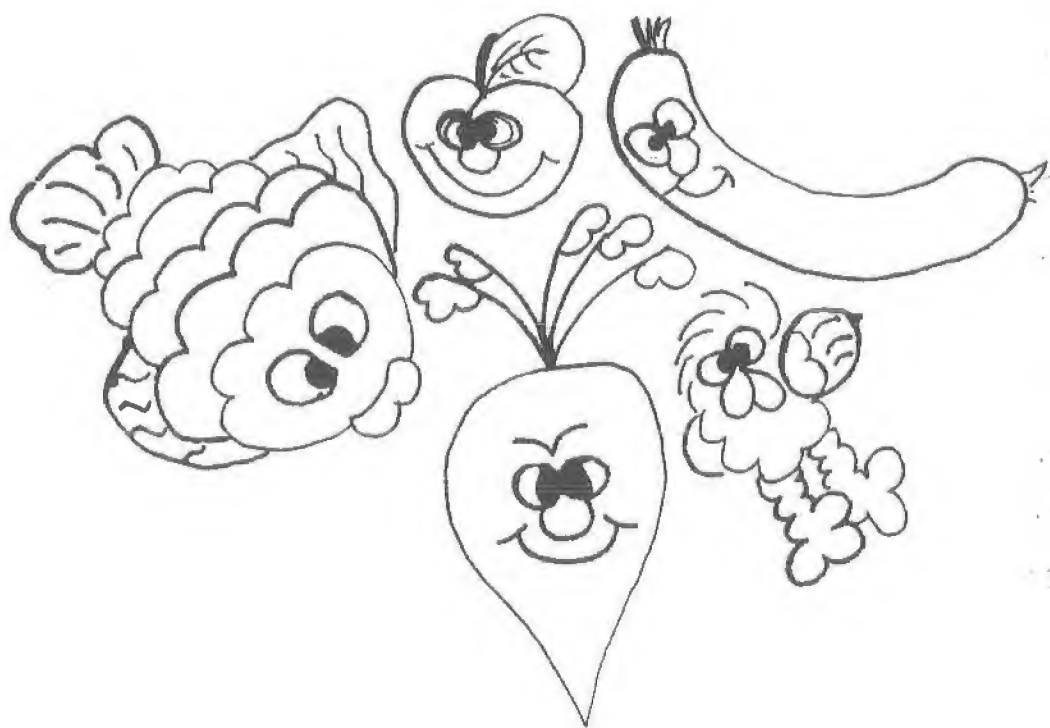
Mix potatoes, ham and seasoning together. Bind with a little beaten egg. Turn onto a floured board. Roll into small balls. Dip in remainder of beaten egg, and in dried breadcrumbs. Fry to a golden brown in smoking hot fat.

YAMS — BUTTERED AND GLAZED

Boil yams. Strain, add knob of butter and toss to coat. Put in serving dish and sprinkle with brown sugar and orange juice. Return to oven for 10 minutes.

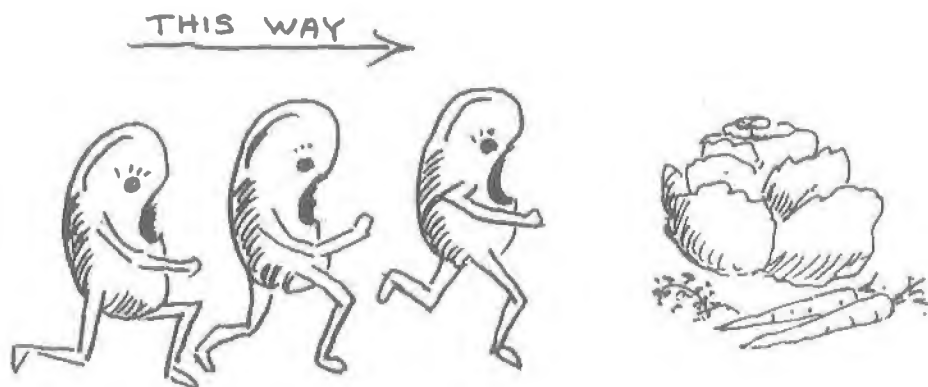
NOTES

SALADS



Bean Salad
Burmese Salad
Chicken and Almond Salad
Cream Cheese and Celery Salad
Italian Salad
Moulded Orange Salad
Oriental Rice Salad
Potato Salad

Red Cabbage Slaw
Rice Salad
Salmon Macaroni Salad
Savoury Jelly
Swedish Chicken Salad
Tomato Salad
Waldorf Salad



BEAN SALAD

1 c dried mixed beans
1 large carrot, grated
1 onion, finely chopped

2 sticks of celery, diced
ground black pepper

Dressing:

$\frac{1}{2}$ c vinegar
1 t salt
1 T brown sugar

$\frac{1}{2}$ t paprika
2 T oil

Pour 2 cups boiling water over beans and allow beans to soak for several hours. Simmer for 20 minutes or until tender. Meanwhile grate carrot, finely chop onion and dice celery and place into a salad bowl. Add cooked beans. Pour over oil/vinegar dressing and toss. Store in refrigerator.

BURMESE SALAD

820 g tin pineapple cubes
6 stalks celery
1 large cooking apple
1 small red pepper

3 T lemon juice
salt and black pepper
3 T peanut or salad oil

Drain pineapple and cut celery, pepper and apple into slices. Toss vegetables in lemon and oil which has been shaken with salt and pepper.

CHICKEN AND ALMOND SALAD

1.5 kg cold chicken, chopped finely
 $\frac{3}{4}$ c chopped celery
 $\frac{1}{2}$ c chopped toasted almonds
1 T grated onion
1 T parsley

1 t salt and pepper
 $1\frac{1}{2}$ t lemon juice
 $\frac{1}{2}$ c cream
 $\frac{3}{4}$ c mayonnaise

Combine chicken, onion, almonds, parsley, salt, pepper and lemon juice in a large bowl. Blend the cream and mayonnaise. Fold through chicken mixture. Serve on lettuce leaves.

Serves 4.

CREAM CHEESE AND CELERY SALAD

3-4 sticks celery
250 g cream cheese
1 small apple

1 T chopped raisins
walnuts

Mix chopped celery, raisins and apple with cream cheese. Mould into a ball and sprinkle with chopped walnuts and refrigerate. Serve with lettuce leaves.

Serves 4.

ITALIAN SALAD

2 tomatoes
50 g cooked pasta, shells, twists etc.
100 g cooked ham

50 g olives
2 T salad dressing
1 t mild french mustard

Dice ham and halve olives. Mix mustard and dressing and blend with pasta, ham and olives. Serve in dish with tomato slices on top.

MOULDED ORANGE SALAD

- | | |
|-----------------------------|--------------------|
| 1 c carrot, grated | 2 oranges |
| 1 c pineapple, small pieces | ½ c peas or celery |
| 1 t gelatine | ¼ c cold water |
| 1 c pineapple juice | ¼ c vinegar |
| ½ c orange juice | 2 T sugar |

Soak gelatine and sugar in cold water. Add heated fruit juices. Stir until dissolved. Add other ingredients just before jelly is fully set. Top with mayonnaise, garnish with egg, orange segments, radish etc.

ORIENTAL RICE SALAD

- | | |
|-------------------------|--------------------------------------|
| 1 packet brown rice | 1 bunch shallots |
| chicken stock | ¼ c honey |
| 1 T curry powder | juice of 2 lemons |
| 500 g mushrooms | juice of 4–6 oranges (and rind of 2) |
| a little butter | salt and pepper |
| 3 T orange rind, grated | 2 c walnuts, chopped or pinenuts |
| 1 bunch celery | |

Cook brown rice in chicken stock with the rind of the 2 oranges and curry powder. Drain and cool. Chop mushrooms and slither through butter. Add orange rind. Chop celery and shallots. When rice is cool, pour over dressing made from honey, lemon and orange juice and seasoning. Add walnut or pinenuts. Pile into bowl and decorate with mandarine segments, chives and nuts.

Serves 25.

POTATO SALAD

- | | |
|-------------------------------------|------------------------------|
| 500 g potatoes | 1 t salt |
| ½ c celery, diced | few grains of cayenne pepper |
| 2 eggs hardboiled | ½ c french dressing |
| 1 T chives or green onions, chopped | lettuce |

Cook potatoes until just firm. Drain, dice and pour dressing over. When cold add other ingredients and stir gently adding more dressing if needed. Chill and serve on lettuce.

RED CABBAGE SLAW

- | | |
|----------------------|-----------------|
| 1 medium red cabbage | 6 tamarillos |
| 2 onions | 2 stalks celery |

Slice all ingredients finely and mix with french dressing.

RICE SALAD

Boil 1 cup long grain rice in well salted water. Rinse and chill.

Add the following:

2 rashers grilled bacon, chopped	½ c cheese, diced or grated
1 red pepper, chopped	1 T chives, chopped
1 green pepper, chopped	salt and pepper to taste
1 c celery, chopped	

Add enough mayonnaise (about 2 T) to coat. Decorate as desired with chopped or sliced gherkins and paprika and mint leaves.

SALMON MACARONI SALAD

250 g can salmon	⅓ c mayonnaise
125 g macaroni, cooked	2 c cooked peas

Drain salmon. Remove bones and flake it. Combine salmon, peas and macaroni. Chill. Season and add mayonnaise. Toss lightly. Serve on crisp lettuce. Garnish with hard boiled egg slices.

SAVOURY JELLY

1 lime jelly	celery
1 c salad dressing	apple
1 c hot water	onion
cucumber	radish

Dissolve jelly in hot water. Half set and beat until frothy and add dressing and vegetables cut finely. Pour into a mould to set. Serve unmoulded and decorated if desired.

SWEDISH CHICKEN SALAD

½ cooked chicken	½ c whipped cream
2 bananas	1 t curry powder
2 apples	¾ c uncooked rice
1 c mayonnaise/yoghurt	

Slice bananas and apples and coat with lemon juice and cover.

Cook rice in salted boiling water. Mix lightly all ingredients and serve with rice.

TOMATO SALAD

500 g tomatoes	finely grated lemon rind
1 T chopped fresh basil	french dressing

Slice tomatoes thinly and place in shallow dish. Sprinkle with basil and lemon rind. Add french dressing to taste and chill for 30 minutes.

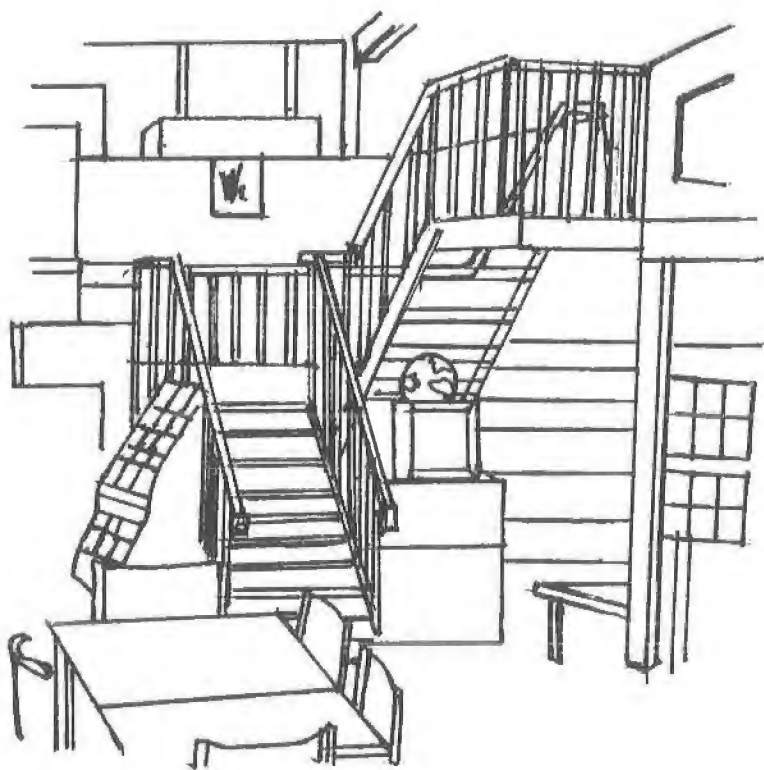
Serves 4-6.

WALDORF SALAD

1 can chunk-style tuna or chicken or salmon	1 T lemon juice
4 small red apples	mayonnaise
1½ c celery, diced	lettuce

Dice apples leaving skin on. Add lemon juice and toss lightly. Add celery and chicken. Chill. Put on lettuce leaves and top with mayonnaise.

DRESSINGS



Boiled Salad Dressing
Cream Based Dressing for Coleslaw
Cream Cheese Blender Dressing
Cucumber Sauce
French Dressing for Green Salads
Salad Dressing
Yoghurt Dressing

BOILED SALAD DRESSING

1 T butter	1 t salt
3 T sugar	2 eggs
1 t mustard (mixed)	½ c vinegar

Beat butter and sugar to a cream. Add mustard and salt. Beat eggs. Add vinegar slowly. Bring to boil stirring all the time. When required for the table thin down with milk to the consistency of cream.

CREAM BASED DRESSING FOR COLESLAW

¼ c cream	½ t celery salt
2 T sugar	1 T vinegar
½ t salt	1 T tomato sauce

Beat salt, sugar, vinegar and cream until thick. Add tomato sauce and blend.

CREAM CHEESE BLENDER DRESSING

150 ml salad oil	pinch of garlic salt
3 T lemon juice	½ t salt
100 g cream cheese	½ t paprika

Mix in blender. Thin with cream if necessary.

CUCUMBER SAUCE

1 cucumber, peeled and chopped	pepper to taste
1 T lemon juice	½ c sour cream
½ t salt	

Blend all ingredients for one minute in an electric blender. Chill. Can be served as sauce for potato salad or coleslaw, or with chicken, ham or fish.

FRENCH DRESSING FOR GREEN SALADS

1 T vinegar	½ t salt
3 t peanut or salad oil	ground black pepper
2 t sugar	

Mix together in a screw-topped jar and shake until blended. A crushed garlic clove left in the dressing gives a good flavour.

SALAD DRESSING

2 t vinegar (wine)	½ t mustard
1 t sugar	pepper to taste
½ t salt	¼ c cream

Combine ingredients in order given and beat until thick. This dressing is not sweet and is ideal for coleslaw or seafood cocktails.

YOGHURT DRESSING

1 c plain yoghurt

2 t lemon juice

$\frac{1}{2}$ t dry mustard

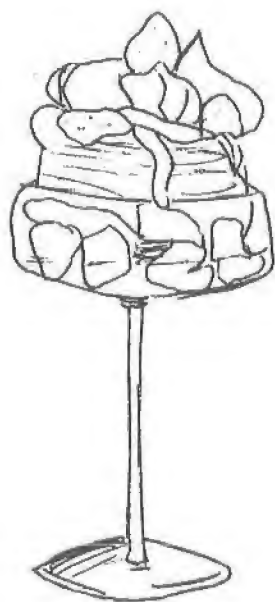
$\frac{1}{2}$ t paprika

2 t chopped chives

fresh ground black pepper

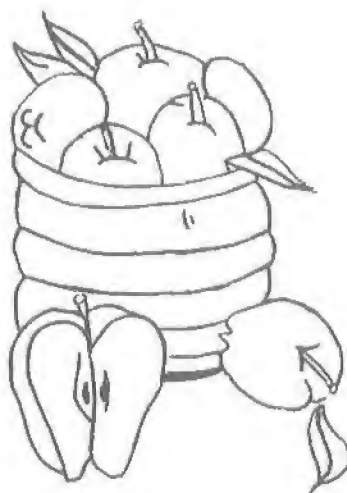
Mix all ingredients together and shake well.

DESSERTS — Cold



Apricot and Walnut Torte
Banana Dessert
Boysenberry Dessert
Caramel Sauce
Chocolate Eclair Ring
Chocolate Meringue Cake
Chocolate Mousse
Chocolate Sherry Cream
Chocolate Torte
Commonwealth Fruit Salad
Gooseberry Gateau
Heavenly Hush
Icecream Pudding
Kiwi Flan
Lemon Cheesecake

Lemon Ice
Maple Nut
Nut Crunch Topping
Orange Souffle
Pear and Cinnamon Cheesecake
Peppermint Sauce
Pineapple and Marshmallow Cups
Pineapple Delight
Pineapple Ginger Layer Cake
Raspberry Whip
Strawberry Cream
Strawberry Icecream Pie
Strawberry Souffle
Strawberry Torte
Yoghurt Pie



APRICOT AND WALNUT TORTE

- | | |
|--|---|
| 1 c chopped glace apricots or dried apricots | 1 c brown or raw sugar |
| 1 c chopped walnuts | 1 T brandy or 1 t brandy essence |
| 4 egg whites | whipped cream |
| juice of 2 oranges | fresh or stewed apricot puree
(flavoured with brandy if desired) |

Soak apricots overnight in orange juice and drain thoroughly. Mix fruit and nuts. Beat egg whites until stiff, gradually adding sugar. Fold in fruit and nuts and brandy. Bake in a buttered springform pan in a preheated 170°C (325°F) oven for 40-65 minutes. Torte should not be soft but slightly chewy. Turn out when cool and top with whipped cream and apricot puree. Garnish with walnut halves.

BANANA DESSERT

- | | |
|---|------------------|
| 2 large bananas cut in half lengthwise and divided into 3 | 2 T brown sugar |
| 1 T butter | ¼ t mixed spice |
| | juice of ½ lemon |

Melt butter, sugar, spice and lemon juice in a frying pan over a low heat. Add bananas, simmer gently, turning once. Serve with icecream, pouring sauce over to complete.

BOYSENBERRY DESSERT

- | | |
|--------------------------------|--------------------------|
| 1 packet wine or malt biscuits | 1 blackberry jelly |
| 100 g butter | 1 t lemon juice |
| 1 tin boysenberries | 500 ml vanilla ice cream |
| ¼ c red wine | |

Make base by melting butter and adding crumbed biscuits. Chill in fridge. Heat juice of fruit and dissolve jelly. Add ice cream and stir until melted and smooth. Add wine and lemon juice. Chill until slightly thick then fold in boysenberries. Pour into shell and chill.

Serves 6-8.

CARAMEL SAUCE

- | | |
|---------------------------------|------------------|
| 125 g butter | 2 T golden syrup |
| 1 c brown sugar, lightly packed | 1½ T cornflour |
| 1 c water | ¼ c cream |

Combine butter and sugar in saucepan. Stir over low heat until butter melts and sugar dissolves and mixture turns to thick syrup. Bring to boil, reduce heat, simmer 3 minutes. Combine golden syrup, cornflour and water. Mix until smooth. Add to brown sugar mixture. Stir until smooth. Bring to boil, reduce heat, simmer 2 minutes. Remove from heat. Stir in cream. Serve warm or cold. Makes approximately 1½ cups.

CHOCOLATE ECLAIR RING

1 c water
¼ t salt
1 c flour

110 g butter
4 eggs (small)

Put water, butter and salt in saucepan and bring to boil. Add flour and remove from heat and beat vigorously. Add unbeaten eggs one at a time and beat well. Shape in a ring on well greased tray. Bake at 200°C (400°F) for 25-30 minutes. When cooked turn oven off and leave in oven to cool. Take out and slice through middle and fill with cream. Ice with chocolate icing.

CHOCOLATE MERINGUE CAKE

Meringue:

4 egg whites

250 g castor sugar

Set the oven to 100°C (200°F). Line two large (or four small) baking sheets with greaseproof paper or foil. Brush lightly with oil and dust with flour.

Whisk the egg whites until stiff but not dry. Add 2 T of the sugar and keep whisking until very stiff and shiny. Fold in the remaining sugar. Divide the mixture into four and spread thinly into equal sized circles about 18 cm across. Bake until crisp and dry (about 1½ hours). Immediately peel off the paper or foil and leave to cool on wire rack.

Filling:

100 g dark chocolate
2 egg whites

100 g icing sugar
225 g butter

Decoration:

Browned chopped almonds

icing sugar

Melt the chocolate on a plate over a pan of hot water. Whip the egg whites with the sugar in a bowl set over a pan of simmering water until the mixture is stiff, smooth and shiny. Beat the butter until light and creamy. Gradually beat in the meringue mixture. Stir in chocolate. Sandwich the meringue discs with chocolate filling and spread the top and sides with the same mixture. Completely cover the sides with browned chopped almonds. Chill.

Place three thin strips of greaseproof paper over the gâteau in parallel lines. Dust the cake with icing sugar. Carefully remove the greaseproof paper strips, leaving a pretty striped pattern.

CHOCOLATE MOUSSE

4 eggs, large
8 level T sugar
2 level T cocoa

1 level T gelatine
1 breakfast c boiling water

Separate yolks and whites. In a bowl beat creamy yolks and ½ sugar. In a second bowl add boiling water to cocoa and gelatine. Stir until dissolved. In large bowl beat egg whites until very stiff. Using a spatula gently add yolk mix and then sugar to stiff whites. Lastly add cocoa mix, pouring it through a wire sieve to remove any lumps and fold in well. This mousse is very light and fluffy.

Decorate with nuts and chocolate hail. Sets in ¼ a day. NEVER REFRIGERATE.

CHOCOLATE SHERRY CREAM

2 c milk
1 t instant coffee
1 packet instant pudding

2 T sherry
½ c cream, whipped

Add instant coffee to milk. Beat instant pudding into coffee flavoured milk until it starts to thicken. Add sherry. Beat cream until thick and fold the two mixtures together so that the pudding has a slightly streaky texture. Spoon in individual glasses and top with whipped cream and grated chocolate or chopped nuts, or pour into one large dish. Top with sliced peaches and cream or ice cream and serve immediately.

Variation: This mixture may be frozen to make a rich, well flavoured icecream.

Serves 4.

CHOCOLATE TORTE

175 g chocolate chips
pinch salt
5 eggs
rich chocolate icing

3 egg yolks
½-¾ c chopped walnuts (optional)
½ c sugar
125 g ground almonds

Grease and flour two 20 cm sponge tins and line the bottom with greaseproof paper. Heat chocolate chips in a bowl over hot water until melted. Beat 8 egg yolks thoroughly. Gradually add sugar and beat until thick and light coloured. Fold ground almonds and melted chocolate into egg mixture. Beat 5 egg whites and salt into a stiff foam (peaks will fold over when the beater is removed). Fold into the chocolate mixture. Divide the cake mixture between the prepared cake tins. Bake at 190°C (375°F) for 25-30 minutes or until cooked. Invert tins on a wire rack and leave to cool. When cold join the layers with rich chocolate icing. Spread the top and the sides with the icing. Decorate the cake with chopped walnuts.

COMMONWEALTH FRUIT SALAD

6 kiwifruit

6 tamarillos

Peel and slice fruit. Put a slice of kiwi fruit and tamarillo in a glass. Sprinkle sugar over each layer until all fruit is used. Leave to marinate overnight. Just before serving, add icecream and top with whipped cream. It looks nice with a meringue and chocolate chips.

GOOSEBERRY GATEAU

500 g green gooseberries (fresh or frozen)
¼ cup water
275 g sugar

3 eggs
100 g butter
sponge cake

Simmer gooseberries with sufficient water to cover for 5 minutes until soft. Place with sugar and eggs in a blender and whirr until smooth. Melt butter in heavy bottomed frypan. Pour in gooseberry mixture. Stir over low heat until it thickens. Put in jar, cool and store in refrigerator. Lasts for a month.

Cut sponge into 3 layers. Spread each layer with gooseberry filling and unsweetened whipped cream. Put layers together and dust top with icing sugar.

HEAVENLY HUSH

2 eggs
2 T white vinegar
4 T white sugar
2 T butter

300 ml whipped cream
400 g tin fruit salad (well drained)
15-20 marshmallows (cut into small pieces)

Beat eggs slightly. Blend in vinegar and sugar. Cook stirring constantly until the consistency is of a smooth sauce. Add butter and cool. Blend in whipped cream and lightly fold in fruit salad and marshmallows. Put into a serving dish and leave in fridge for 24 hours.

ICECREAM PUDDING

1½ c skippy cornflakes, crushed
50 g butter
100 g brown sugar
1 c cream

¼ t vanilla
2 eggs, separated
2 level T icing sugar

Melt butter and brown sugar. Add cornflakes and cook for a few minutes. Spread with knife in a Pyrex plate dish, and freeze. Beat the cream, vanilla and icing sugar together. Beat the egg whites until stiff. Beat in yolks and combine with whipped cream. Pour over cornflake mixture and freeze again. Decorate with topping of your choice and serve.

KIWI FLAN

½ c self raising flour
¼ c castor sugar
2 eggs
1 t arrowroot
½ c orange juice

500 g kiwifruit
2 bananas
cherries (optional)
1 c cream, whipped

Grease and flour a 20 cm sponge flan tin. Sift flour. Beat sugar and eggs until fluffy and add flour. Pour into prepared tin. Bake at 220°C (425°F) for 7-10 minutes, until middle springs back when lightly pressed. Stir arrowroot into orange juice and bring to boil. Cool. Turn flan onto serving dish and arrange kiwifruit, peeled and sliced alternately with banana slices. Add the cherries for colour and pour the arrowroot glaze over this. Pipe cream on as wished.

LEMON CHEESECAKE

250 g sweet biscuits, crushed
½ t mixed spice
185 g melted butter
1 pkt lemon jelly crystals dissolved in
1 c boiling water

1 T grated lemon rind
¼ c lemon juice
½ c castor sugar
250 g creamed cheese
375 ml can evaporated milk

Combine biscuits, spice and butter. Grease the sides and base of a pan with it. Chill. Dissolve and cool jelly. Add lemon rind and juice. Beat cheese and sugar together, adding jelly-mixture. Whip the evaporated milk until thick, adding cheese and jelly mixture. Pour into pan and refrigerate until set. Garnish as desired.

LEMON ICE

2 c hot water
¾ c sugar
½ c lemon juice

1 egg white
1 T grated lemon rind
1 T sugar, extra

Dissolve sugar in hot water. Add lemon juice and rind. Set aside to cool. Strain. Pour into refrigerator trays and freeze, stirring occasionally until mixture is mushy. Remove from trays. Beat egg-white stiffly, beat in extra sugar, fold in lemon mixture. Return to freezer trays. Freeze until firm.

Serves 4.

MAPLE NUT

600 ml milk
1 t vanilla essence
2 T sugar (brown or white)

2 eggs
2 T golden syrup
3 T cornflour

Separate eggs. Put egg yolks in a pot, add sugar, golden syrup and half the milk. Put the other half into a shaker with cornflour. Shake until smooth. Add to pot and other ingredients. Heat until thick. Add vanilla essence. Cool. Beat egg whites until stiff. Add other ingredients and fold.

NUT CRUNCH TOPPING

50 g butter
75 g brown sugar

25 g crushed cornflakes
25 g chopped walnuts (optional)

Melt butter and sugar in a saucepan, add cornflakes and chopped walnuts. Toss gently with fork until the cornflakes are well coated. Leave to cool. Serve with ice cream.

ORANGE SOUFFLE

2 eggs
2 oranges
2 t gelatine

⅓ c sugar
⅓ c cold water

Beat egg yolks with sugar and juice of an orange. Heat over double boiler until it thickens. Beat egg whites until stiff. Dissolve gelatine in water and heat until melted in enamel mug. Fold egg whites into yolk mixture and stir in gelatine. Pour the mixture over the sliced orange. Decorate with whipped cream.

PEAR AND CINNAMON CHEESECAKE

Base:

50 g butter	1 T brown sugar
100 g sweet biscuits crushed	¼ t cinnamon

Filling:

2 small oranges	1 T gelatine
350 g cream cheese	2 T water
2 large eggs separated	250 g can pears (drained and sliced)
150 ml cream, whipped	3 T castor sugar

Melt butter. Mix with biscuits, brown sugar and cinnamon. Press into 20 cm tin. Leave to set. Remove peel and pith of oranges and arrange segments on biscuit base. Grate rind from other orange and beat with cream cheese. Beat egg yolks with castor sugar until light and fluffy. Squeeze juice from second orange and beat into egg yolks with the cream cheese. Whisk egg whites until stiff and whisk in remaining sugar. Whip cream until thick. Dissolve gelatine in water. Fold egg whites and cream into the cheese mixture with the dissolved gelatine. Pour over biscuit base and leave in cold place to set. Decorate with sliced pears.

PEPPERMINT SAUCE

1 c milk	¼ tsp peppermint essence
2 T lime instant pudding	

Whisk instant pudding into milk. Add essence drop by drop until desired flavour is reached. Stand in cool place for at least 5 minutes.

PINEAPPLE AND MARSHMALLOW CUPS

85 g marshmallows	300 ml cream
60 g rice	2 T sugar
1 medium tin crushed pineapple	

Wash rice and cook until tender, drain and leave until cold. Cut marshmallows into small pieces, reserving a few whole ones for garnishing. Mix crushed pineapple with the rice and stir marshmallows in. Whip cream, add sugar and fold in. Serve in individual glasses and decorate each one with a few marshmallows.

PINEAPPLE DELIGHT

1 packet malt biscuits, crushed	2 egg yolks
100 g butter	300 ml whipped cream
½ c softened butter	500 g tin crushed pineapple
1½ c icing sugar	

Melt first measure of butter and add to crushed biscuits, press into tin and chill. Cream second butter and icing sugar, egg yolks and spread on biscuits.

Drain pineapple and add to whipped cream. Spread on top and chill.

RASPBERRY WHIP

1 T gelatine	100 g sugar
¼ c cold water	1 egg white
1 c raspberry puree	

Soak gelatine in cold water until swollen. Prepare the puree by heating raspberries just sufficiently to soften them. Press through a sieve to remove the seeds. Dissolve sugar in the puree. Stand gelatine over hot water to melt and fold this into puree. Allow to chill until it starts to thicken. Beat egg white until stiff and beat puree until it is thick and frothy. Fold two mixtures together completely and pile into small serving glasses. Chill until ready to serve. Can be made the day before.

Serves 6.

STRAWBERRY CREAM

2 egg yolks	1 cup honey
1½ c whipped cream	3 c mashed strawberries
2 egg whites beaten	1 t cinnamon

Melt honey and mix with egg yolks. Stand for 10 minutes. Whip cream and add strawberries. Add to yolks. Fold in whites and sprinkle with cinnamon. Freeze.

STRAWBERRY ICECREAM PIE

4 egg whites	1½ c boiling water
1½ c castor sugar	500 ml vanilla icecream
1 t vinegar	cream and fruit to decorate
1 t vanilla	1 strawberry jelly

Beat egg whites stiffly and add castor sugar. Add vinegar and vanilla. Spread thickly over base and sides of a sponge roll tin. Bake in a slow oven for 1 hour. Cool. Dissolve strawberry jelly in water. Chill until beginning to set and beat in vanilla icecream. Spread in pie shell and chill. Decorate with cream and strawberries.

STRAWBERRY SOUFFLE

3 eggs separated	1¼ c cream
½ c sugar	1 punnet strawberries
3 t gelatine	1 T brandy
⅓ c water	

Wash strawberries, dry gently, remove hulls. Mash strawberries, add brandy, set aside. Beat egg yolks and sugar together, place in top of double saucepan over hot water, stir approximately 10 minutes, until thick and creamy. Sprinkle gelatine over water. When softened, dissolve over hot water, cool a little, add to slightly cooled custard mixture. Allow to cool, stirring occasionally to prevent mixture setting on the bottom. When mixture is just beginning to set, fold in mashed strawberries, whipped cream and softly beaten egg whites. Pour into 18 cm souffle dish or 4 individual souffle dishes. Refrigerate until set. If desired, decorate with whipped cream and extra strawberries.

Serves 4.

STRAWBERRY TORTE

Crust:

1¼ c flour
¼ c sugar

¼ t salt
125 g butter

Filling:

2½ c strawberries
¾ c sugar

2 T cornflour

Topping:

300 g white marshmallows
1 c milk

1 c cream

Crust: Sift flour, add sugar and salt. Cut in butter, and rub in with fingertips until well mixed. Press into a 20 cm×30 cm tin. Bake at 180°C (375°F) for 20 minutes until lightly golden. Allow to cool.

Filling: Hull strawberries. Place strawberries, sugar and cornflour in saucepan. Bring to boil stirring constantly until thick. Cool before using.

Topping: Place marshmallows and milk in a saucepan. Heat slowly, stirring constantly until marshmallows melt. Allow to cool. Whip the cream until soft peaks form. Fold cream into marshmallows.

Cover with cold strawberry filling. Chill in refrigerator for about 1 hour. Cover with cold marshmallow cream topping. Chill in refrigerator until topping is set. Cut into pieces. Serve cold. 36 slices.

YOGHURT PIE

1 packet super wine biscuits.
100 g butter
2 cartons fresh 'n fruity yoghurt (any flavour)

¾ c sugar
1 T gelatine
2 c hot water

Crush biscuits, melt butter and mix together. Press into an oblong dish or pie plate, approximately 25 cm diameter. Dissolve gelatine in hot water. Cool. Combine with sugar and yoghurt. Beat together and pour quickly onto base. Leave to set in fridge for 30 minutes. As an alternative plain yoghurt can be used and a small tin of drained fruit can be added to the filling.

PINEAPPLE GINGER LAYER CAKE

Base:

50 g butter

1¼ c ginger biscuit crumble

Filling:

2 t gelatine
3 T water
225 g pineapple yoghurt

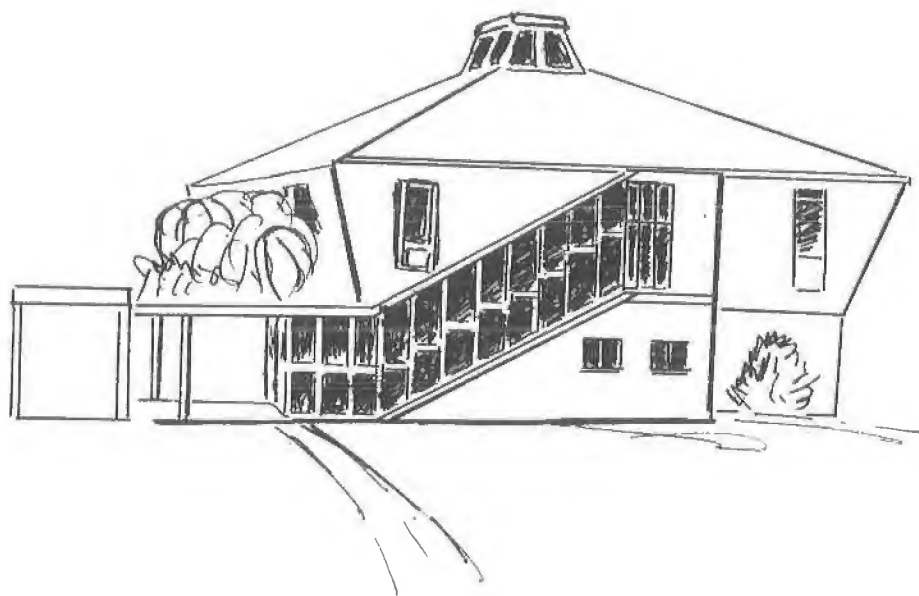
1 T lemon juice
¼ c castor sugar
1 c cream

Base: Melt butter and combine with crumbed ginger biscuits. Press half into 20 cm spring-form pan.

Filling: Soften gelatine in water. Heat until dissolved. Cool. Add lemon juice and sugar. Beat yoghurt until smooth and add gelatine mixture. Whip cream until thick and fold lightly into yoghurt and gelatine.

Put half into tin on top of crumbs. Add another layer of crumbs, and rest of yoghurt mixture. Chill until firm. Remove from tin and decorate as desired, eg whipped cream, crystallized ginger, grated chocolate, kiwi fruit etc.

DESSERTS — Hot



Almond Apple Bake
Apple Fritters
Apple Roll Pudding
Apple Strudel
Apple Walnut Cake
Baked Banana Custard
Banana Pudding (Steamed)
Blackberry Swirls
Chocolate Ritz Souffle
Chocolate Steamed Pudding
Crunchy Pears
Custard for Steamed Puddings
Date Pudding (Steamed)
German Apple Tart

Gooseberry Amber
Lemon Meringue Rice
Light Christmas Pudding
Meringue Pudding
Mocha Chocolate Pudding
Overnight Steamed Pudding
Pear Pie with Streusel Topping
Pineapple Pudding
Plum Pudding
Poof-Tahs
Raspberry Chocolate Steamed Pudding
Rhubarb Meringue Pudding
Yeast Currant Duff

ALMOND APPLE BAKE

100 g butter	4 T milk
¾ c sugar	2 apples
1 egg	1½ c flour
½ t almond essence	1½ t baking powder

Grease a slice tin. Turn oven to 180°C (350°F). Cream butter and sugar, add egg and almond essence. Peel and chop apples. Sift flour and baking powder. Mix the flour mixture into the butter. Add apple and milk. Mix well. Pour into the slice tin. Spread out. Bake for 30 minutes. Sprinkle with icing sugar and serve with cream or ice cream.

APPLE FRITTERS

¼ c milk	½ c Alison Holst's baking mix
1 egg	3 apples

Beat milk, egg, and baking mix in medium-sized bowl until blended. Peel and core apples and cut in 1 cm slices. Shake slices in a little dry baking mix for a thicker batter coating, then dip one slice at a time into batter. Cook in hot oil or cooking fat about 1 cm deep at 190°C (380°F) in an electric pan. Drain cooked fritters on absorbent paper.

Serve as a main course for breakfast or a quick weekend meal, alone, or with bacon or sausages. Sprinkle with sugar or cinnamon sugar (1 t cinnamon to ¼ c castor sugar) and top with whipped cream or ice cream for dessert.

APPLE ROLL PUDDING

1 c water	1 T golden syrup
¾ c sugar	1 t baking powder
60 g butter	salt
1 c flour	cinnamon

Place water, golden syrup and sugar in saucepan and boil for 5 minutes. Rub butter into flour, baking powder and a little salt. Add sufficient milk to mix into a stiff dough. Roll out dough, grate apples onto it, sprinkle with cinnamon and a little sugar. Roll up and cut into slices. Put into pie dish and pour over the boiling syrup. Bake ¾ hour.

APPLE STRUDEL

300 g puff pastry (approx)	½ t cinnamon
2 apples	¼ c brown sugar
2 T sultanas	1 t white sugar

Preheat oven to 190°C (375°F). Roll out pastry to a 30 cm square. Place on baking tray. Peel, core and thinly slice the apples. Arrange evenly on half of pastry, leaving a 2 cm space around the edges. Sprinkle sultanas, cinnamon and brown sugar over the apples. Carefully fold in half and seal edges well. Cut a few slices on top, not too deep, and sprinkle with white sugar. Bake 35 minutes or until golden.

APPLE WALNUT CAKE

2 c diced raw apple	1 t vanilla
1 egg	¼ c salad oil or vegetable oil
1 cup sugar	1 c flour
½ c chopped walnuts (not essential)	1 t bicarbonate soda
1 t cinnamon	½ t salt

Put diced apples in a bowl and break the egg over them. Stir with a fork until well blended. Add sugar, walnuts, cinnamon, vanilla, oil and mix well. Add dry ingredients and blend. The mixture should be thick. Spoon into a greased, floured cake tin and bake at 175°C (350°F) for 45-50 minutes. Serve warm with cream, custard or ice cream. This can be served cold as a cake

BAKED BANANA CUSTARD

2 T cornflour	3 bananas
4 T sugar	2½ c milk
1 t vanilla essence	2 eggs

Blend cornflour and sugar with a little milk. Put remainder of milk on to boil. Add beaten egg yolks and hot milk to blended cornflour. Stir over low heat until it boils and thickens. Cook 2 minutes. Cool slightly. Add vanilla. Arrange alternate layers of custard and sliced bananas in a greased oven proof dish. Beat egg whites until stiff and pour over custard. Bake at 160°C (325°F) for 20-30 minutes. Serve hot or cold.

BANANA PUDDING (Steamed)

85 g butter	½ t bicarbonate of soda
85 g sugar	1 T milk
1 egg	100 g flour
1 large banana	½ t baking powder

Cream butter and sugar. Add egg and mix well. Add banana then soda dissolved in boiling milk. Sift flour and baking powder together and add to mixture. Place in well greased basin. Cover tightly and steam for 1½ hours. Serve with lemon sauce. Freezes beautifully.

Lemon Sauce:

juice of 1 lemon	1 cup water
1 T honey	2 t cornflour
¼ c sugar	

Combine lemon, honey, sugar and water and when boiling add cornflour mixed to a paste with a little cold water. Stir until thickened and clear. Serve with the pudding.

BLACKBERRY SWIRLS

1½ c self raising flour
½ c milk
125 g butter

500 g can blackberries, loganberries or
boysenberries

Sauce:

½ c sugar
30 g butter

⅓ c sweet white wine

Drain the berries. Reserve ½ c of the syrup for sauce. Sift flour, rub in butter until mixture resembles fine breadcrumbs. Add milk. Mix to a soft dough. Roll dough out to rectangle approximately 23 cm×35cm. Spread drained blackberries over dough to within 2.5 cm of edges. Roll dough as for swiss roll, beginning at the narrow end. Cut slices 2.5 cm wide. Place slices flat in greased oven proof dish.

Place sugar, reserved syrup, butter and wine in a saucepan. Bring slowly to the boil, stirring constantly until butter melts. Boil 3 minutes. Pour sauce over the top of slices. Bake in hot oven 30–35 minutes. Serve hot with cream or custard.

Serves 4–6.

CHOCOLATE RITZ SOUFFLE

1 T blanched almonds, finely chopped
and roasted
1½ c milk
1⅓ c sugar
60 g butter
4 large eggs separated

1 T flour
3 T cocoa
1 T creme de cacao (optional)
icing sugar for dusting
whipped cream for serving

Butter four souffle dishes, each about 1 cup capacity, and secure buttered foil strips around top. Melt butter in saucepan and combine with flour and cocoa. Heat milk and sugar, pour into cocoa mixture and stir until mixture coats spoon. Add creme de cacao if desired. Cool slightly and add egg yolks one at a time, mixing well. Beat egg whites until stiff. Gently fold into chocolate. Add nuts and pour into dishes. Stand in dish of water and bake at 190°C (375°F) for 25–30 minutes until puffed and set. Remove foil and dust with icing sugar and serve with whipped cream.

CHOCOLATE STEAMED PUDDING

1 c flour
1 t baking soda
2 t cream of tartar

4 t cocoa
½ c dates, sultanas or any fruit
milk to make soft dough

Sauce:

2 t golden syrup
¼ c sugar

60 g butter
1 medium c boiling water

Mix flour, baking soda, cream of tartar, cocoa, and fruit together with milk. Combine sauce ingredients and pour over it. Steam for half an hour with lid on saucepan but no cover on basin. Does not spoil if steamed longer.

CRUNCHY PEARS

Stewed or bottled pears or any
suitable fruit
50 g butter
½ c sugar
1 egg

½ c coconut
1½ c skippy cornflakes
½ c chopped walnuts
½ t vanilla essence

Cream butter and sugar. Add egg and vanilla essence. Beat well. Add cornflakes, coconut and walnuts. Sprinkle over fruit. Bake at 180°C (350°F) for 30 minutes.

CUSTARD FOR STEAMED PUDDINGS

2½ c water
1 T golden syrup

2 level T custard powder

Thicken water and golden syrup with custard powder mixed to a thin paste with milk. This custard is not so rich and is ideal with rich steam puddings.

DATE PUDDING (Steamed)

1 c milk
1 T butter
1 c flour
1 t bicarbonate soda
2 T sugar

250 g stoned dates
1 T vinegar
1 t mixed spice
1 t nutmeg

Rub butter into flour and salt. Add chopped dates, sugar, spice and nutmeg. Boil milk in a medium saucepan and as it rises add bicarbonate of soda and vinegar. While still frothing stir quickly into dry ingredients. It is quite a wet mixture. Place in greased basin. Cover and steam for 2½–3 hours.

DELAWARE PUDDING

15 g butter
115 g margarine
2 eggs beaten
60 g currants
1 t cinnamon
2 T golden syrup

115 g castor sugar
2 T milk
225 g apples
340 g self raising flour
60 g demerara sugar

Grease pudding basin with butter and spoon in golden syrup. Beat margarine and sugar. Add eggs, milk and flour alternately. Mix peeled, sliced apples with remaining ingredients. Starting with pudding mixture put in basin in alternate layers ending with pudding mixture. Cover basin and steam for 2¼ hours.
Serves 6.

DELICIOUS BAKED APPLES

4 cooking apples
1 T flour
100 g sugar
1 T butter

1 T golden syrup
1 c hot water
½ c sultanas

Peel and quarter apples and place in a pie dish. Sprinkle sultanas over. Combine flour and sugar and rub in butter. Melt syrup in the hot water, and stir into the dry ingredients. Pour this mixture on top of apples and bake at 175°C (350°F) for approx. 45 minutes.

DELUX NEVER FAIL FRITTERS

100 g butter
100 g sugar
2 t rum
½ c wine biscuits
3 eggs

2 mashed bananas
2¾ c flour
1 t baking powder
Add milk as required

Cream butter and sugar, add 2 eggs and rum. Add pureed bananas alternately with sifted dry ingredients. Only fold lightly. Add milk to make a stiff dough. Beat remaining egg. Toss fritters in egg, and roll in crushed wine biscuits. Deep fry for approx. 5 minutes at high temperature. Serve with cream or cottage cheese.

FRUIT PUDDING (Steamed)

50 g butter
50 g sugar
1 c dried fruit mixed
1 T golden syrup
1 c milk

1 t bicarbonate soda
1 c flour
1 t baking powder
1 t mixed spice (optional)

Put butter and sugar, golden syrup, fruit and milk on low heat and bring to the boil. Remove from heat and add bicarbonate of soda dissolved in a T of boiling water and the flour sifted with the baking powder. Turn into a well, greased basin and leave uncovered. Place in saucepan of boiling water reaching only ⅓ of the way up the basin. Cover tightly and keep water boiling gently for 1½ hours.

GERMAN APPLE TART

125 g butter
½ c castor sugar
1 t vanilla essence
1 egg

1¼ c flour
2 t baking powder
3 apples, cooked or stewed
3 T raspberry jam

Cream butter and sugar till light and fluffy. Beat in essence and egg. Sift flour and baking powder and stir into creamed mixture. Mix well until consistency of shortbread is reached. Divide into half. Put half into refrigerator for ½ hour. Press the rest into 23 cm greased tin. Mix apples and jam and spread over dough. Grate remaining dough over tart. Bake at 190° (375°F) for 30 minutes.

GOOSEBERRY AMBER

250 g gooseberries
2 eggs
2 T water

60 g butter
100 g sugar
short pastry

Cook gooseberries with sugar. Stir in butter and egg yolks. Mix well. Put on top of pastry and cook for 20 minutes. Cover with stiffly beaten egg whites and return to oven to brown.

LEMON MERINGUE RICE

½ c rice	grated rind 1 lemon
1 c water	2 T lemon juice
¼ t salt	2 eggs
2 c milk	⅓ c sugar
½ c sugar	

Cook rice, water and salt until water is absorbed. Add milk and cook until tender. Add sugar, grated rind and juice of lemon, and beaten yolks. Stir until thickened. Empty into greased oven proof dish. Beat egg whites with a ⅓ of a cup of sugar until stiff. Spread on top and bake at 150°C (300°F) until set.

Alternative: Instead of beaten yolks use beaten whole eggs and dispense with the meringue.

LIGHT CHRISTMAS PUDDING

250 g butter	1 T golden syrup
1½ c milk	vanilla essence
170–250 g breadcrumbs	lemon essence
170 g sugar	675 g mixed fruit (add more if preferred)
170 g flour	1 t baking soda
pinch salt	a little coconut

Boil butter and milk. Pour onto breadcrumbs and sugar. Cool. Add all other ingredients except for baking soda dissolved in a little warm milk and add. Steam for 3 hours.

MERINGUE PUDDING

1 egg	½ c cornflour
6 T butter	1 t baking powder
4 T sugar	2 T jam
1½ c flour	2 T sugar

Soften butter. Add sugar and cream. Add egg yolk. Sift flour, cornflour, baking powder and add to mixture. Spread on bottom of pie dish and spread jam over mixture. Beat egg white until stiff. Add sugar and continue beating. Pile on mixture. Bake at 175°C for 30 minutes.

OVERNIGHT STEAMED PUDDING

1 heaped c flour	1 t mixed spice
1½ c fruit	½ t ginger
4 T sugar	1 egg
1 T butter	1 c boiling water
1 t baking soda	

Mix dry ingredients. Rub in butter, add egg and lastly boiling water. Leave overnight. Steam for 3 hours.

MOCHA CHOCOLATE PUDDING

1 c self raising flour	½ t vanilla
1 T cocoa	¾ c sugar
¼-½ c milk	2 T butter
¼ t salt	1 egg

Sift flour, salt and cocoa into bowl. Beat egg with sugar and melted butter and vanilla until light. Add ¼ c milk and beat again. Add to dry ingredients and blend thoroughly to make a fairly thick batter. Add additional milk if too stodgy and pour this into a well greased oven proof dish.

Sauce:

1 c sugar	1 T instant coffee
1 T cocoa	2 c boiling water

Combine the sugar and cocoa and sprinkle dry over pudding mixture. Dissolve coffee in boiling water and carefully spoon this over the top. Bake at 175°C (350°F) for 45 minutes.

Serve with cream or ice-cream.

PEAR PIE WITH STREUSEL TOPPING

1 uncooked 23 cm rich shortcrust pastry shell.

Topping:

60 g flour	60 g butter
⅓ c brown sugar	

Filling:

60 g sugar	4 T lemon juice
¼ t ground ginger	1 T golden syrup
4 T flour	5 ripe pears

To make topping: mix flour and sugar. Cut in butter. Place in fridge. Mix sugar, ginger and flour. Peel and slice the pears thinly. Sprinkle ⅓ of the mixture over pie shell. Cover with ½ sliced pears. Sprinkle ⅓ mixture over pears, slice rest of pears and sprinkle final ⅓ of mixture. Mix golden syrup with lemon juice and drizzle over top. Take the topping from fridge and spread over dish. Bake at 215°C (425°F) for 15 minutes then 175°C (350°F) for 30 minutes.

PINEAPPLE PUDDING

3 T flour	2 eggs, separated
85 g butter	420 ml milk
1 T sugar	1 tin crushed pineapple (drained)

Melt butter. Add sugar, flour, milk and cook. When cool beat in egg yolks and pour over fruit in a dish. Make meringue with egg whites and 2 T sugar. Spread over custard and bake until set.

PLUM PUDDING

2 c flour
1 c sugar
1 c raisins
1 c currants

2 c boiling water
1 t baking soda
piece of butter (size of an egg)

Pour 1 c of boiling water onto butter and 1 c of boiling water onto the soda. Mix together. Add fruit, sugar and flour. (Mixture is very thin). Steam 3 hours or boil for 2 hours. This makes a large pudding, is cheap, very nice, easy and quick to make.

POOF-TAHS

Dough:

$\frac{3}{4}$ c flour
1 t baking powder
pinch salt
2 T milk

25 g butter
 $\frac{1}{4}$ c sultanas
1 beaten egg

Syrup:

$1\frac{1}{2}$ c water
1 T golden syrup

$\frac{2}{5}$ c sugar
15 g butter

Sift dry ingredients into a bowl. Cut in the butter. Add sultanas with beaten egg and a little milk to make a soft dough. With floured hands form the mixture into small dumplings. To make syrup put water, syrup, sugar and butter into medium sized saucepan and bring to the boil. Place the dumplings in carefully and simmer, covered for 20 minutes. Serve with syrup poured over dumplings. Serves 8.

RASPBERRY CHOCOLATE STEAMED PUDDING

30 g butter
 $1\frac{1}{2}$ c flour
2 t baking powder
2 T cocoa

$\frac{1}{4}$ c sugar
vanilla essence
1 egg
milk to mix (approx $\frac{1}{2}$ to $\frac{3}{4}$ c)

Sauce:

1 c warm water
 $\frac{1}{3}$ c sugar

2 T butter
1 T golden syrup

This can be mixed in the bowl it is cooked in if you are short of time. Rub butter into dry ingredients. Add vanilla, egg and milk beaten together, to make a firm dough. Place in basin. Spread top with raspberry jam. Melt sauce ingredients together and pour over pudding. Cook for $\frac{1}{2}$ hour uncovered in a saucepan with a good fitting lid. Very quick.

RHUBARB MERINGUE PUDDING

1 baked 20 cm pie shell	2 T cornflour
2 T butter	2 eggs, separated
2 c rhubarb, diced	¼ c cream
½ c sugar	pinch salt

Melt butter, add rhubarb and 1 c sugar. Cook slowly until rhubarb is tender. Mix ¼ c sugar, cornflour, well beaten egg yolks, cream and salt. Add to rhubarb and cook until thick. Cool and pour into baked pie shell. Top with meringue made by beating egg whites until stiff, then adding 4 T sugar. Beat until sugar dissolves. Bake for 12 to 15 minutes at 175°C (350°F).

YEASTED CURRANT DUFF

150 ml warm water	250 g plain strong flour
1 t sugar	50 g suet, chopped
1 small egg	25 g sugar
15 g fresh yeast OR 1 level t dried yeast sprinkled in liquid mix	100 g currants

Combine first four ingredients into a yeast liquid mix. Allow to stand 10 to 15 minutes. Dough up dry ingredients with yeast liquid. (If necessary add extra water to make a soft scone-like dough.) Place in greased basin and leave to rise for: ½ hour in a warm place, OR 1 hour on kitchen table, OR 3 hours in a cool place.

Cover and steam 1 to 1½ hours. Can be served with a rich sauce.

NOTES

AFTER DINNER SWEETS/ NIBBLES



After Dinner Fruit Slice	Coffee Knobs
After Dinner Marshmallows	Dipping Solutions for Drying Apricots
Apricot buttons	Fruit Puff Roll
Beetles	Fudge
Butterscotch	Hokey Pokey
Caramel Roughs	Jujubes
Choc-ice Balls	Marshmallows
Chocolate Ginger Fudge (Senior Camp	Russian Truffle
Fudge 1983)	Truffles
Chocolate Peppermint Cream	Wellington Square
Coconut Ice	

AFTER DINNER FRUIT SLICE

1 king size cake dark chocolate	75 g coconut
2 beaten eggs	450 g mixed fruit
100 g sugar	

Melt dark chocolate in sponge roll tin over a pot of boiling water. Leave in fridge for a few minutes to set. Mix all other ingredients and spread over the chocolate. Bake at 120–140°C (250–275°F) for 30–40 minutes.

AFTER DINNER MARSHMALLOWS

100 g butter	1 t vanilla
½ tin condensed milk	marshmallows
2 t cocoa	1½ c crushed wine biscuits
½ c brown sugar	

Melt butter, condensed milk, cocoa and sugar together. Add vanilla and wine biscuits. Using wet hands coat mixture around marshmallows (whole or halved) and roll in coconut.

APRICOT BUTTONS

250 g dried apricots	1 orange rind, grated
1 c castor sugar	2 t orange juice

Mince apricots twice, and mix thoroughly with castor sugar, orange rind and juice (add some sugar, rind and juice before the second mincing if desired). Roll small portions in extra castor sugar. Press flat with a fork. Leave to harden for several hours.

BETTERLES

1 large block milk chocolate	1 c coconut
1 tin condensed milk	½ c currants
½ c chopped nuts	½ c sultanas
½ c sticky raisins	

Melt chocolate over saucepan of boiling water. Add condensed milk, and rest of the ingredients. Roll teaspoon lots in coconut into long or round shapes.

BUTTERSCOTCH

125 g butter	1 c cold water
2 c sugar	1 t cream of tartar

Put butter, sugar and water in a saucepan. Heat slowly and when butter is melted add cream of tartar and boil until a little snaps when tested in cold water. Pour into buttered plates.

CARAMEL ROUGHS

5 c kornies	1 tin condensed milk
2 heaped T golden syrup	1 c coconut

Boil milk and syrup until brown. Add other ingredients. Make into balls and roll in coconut. Leave in fridge until set.

CHOC-ICE BALLS

2 l ice cream
2 t gelatine

1 king size cake energy chocolate
1 pkt toothpicks

Allow ice cream to soften slightly. Add gelatine and mix well. Re-freeze for 10 minutes. Using melon baller make small balls and insert toothpick in each. When thoroughly frozen melt chocolate and dip each ball. Return to freezer until ready to serve.

NB: These are ideal using lime ice cream and adding a liquer such as creme de menthe.

CHOCOLATE GINGER FUDGE Senior Camp Fudge 1983

2 c sugar
1 T golden syrup
50 g butter

½ c milk
1 t ground ginger or 1½ T cocoa

Boil together until slightly thick (5 minutes). Remove from heat and beat until thick. Pour into greased dish (18 cms square). Cut when firm. Ground ginger makes ginger fudge. Cocoa makes chocolate fudge.

CHOCOLATE PEPPERMINT CREAMS

½ c cream cheese
2 c icing sugar

1 t peppermint essence
2 T cocoa

Beat cream cheese until soft. Sift icing sugar and cocoa together and gradually add essence to form a stiff dough. Roll into small balls. Place on foil covered tray and flatten with fork. Leave in fridge several hours to harden.

COCONUT ICE

½ can sweetened condensed milk
2 c coconut
2 c icing sugar

1 t vanilla
¼ t raspberry essence (optional)
4 or 5 drops of red food colouring

Put the unopened tin of condensed milk in a bowl of hot water to make it runnier. Measure the coconut and icing sugar into a large bowl. Open the can of milk and tip half of it into the bowl. Add the vanilla. Stir with a knife and use your hands to mix everything together. Sprinkle some extra coconut on a board or in a foil cake pan. Take half of the mixture and press it out gently on the coconut. Add the raspberry essence and food colouring to the remaining mixture. Pat the pink layer on top of the white layer. Sprinkle a little extra coconut on top. Leave it to cool for about half an hour. Cut it into squares with a wet knife.

COFFE KNOBS

4 T butter
6 T icing sugar
12 T anchor full cream milk powder
2 T chocolate hail
salt

coconut
1 T coffee essence
4 T fresh milk
½ t vanilla

Melt butter and beat in icing sugar. Add remaining ingredients. Roll in coconut. Keep in fridge to remain firm.

DIPPING SOLUTION FOR DRYING APRICOTS

5 l water
750 g sugar (not necessary but may be
adjusted for personal taste)

100 g sodium metabisulphite (obtainable
from chemist)

Dip apricots in solution for 12 hours. Rinse well in cold water. Place on rack to dry. May take a week. Solution may be used again but replenish with $\frac{1}{2}$ T of sodium metabisulphite

FRUIT PUFF ROLL

120 g butter
 $\frac{1}{2}$ tin sweetened condensed milk
1 packet malt biscuit

1 packet regina fruit puffs (110 g)
1 packet coconut

Warm butter and condensed milk in a saucepan. Add chopped fruit puffs (cut each in half or quarter). Add crushed malt biscuits. Mix thoroughly. Form into two rolls (approx 300 g each). Roll in coconut. Put in refrigerator to set for about 4 hrs. Keep in a cool place.

FUDGE

2 c sugar
 $\frac{1}{2}$ c milk
2 T condensed milk

2 t golden syrup
2 t butter

Boil all ingredients together, stirring all the time, for about 15 minutes. Beat well for 5 minutes. Turn out to cool on buttered plate.

HOKEY POKEY

5 T sugar
2 T golden syrup

1 t bicarbonate of soda

Bring sugar and golden syrup to the boil, slowly stirring all the time. Boil for four minutes, stirring occasionally. Remove from heat and add bicarbonate of soda. Stir quickly until frothy. Pour immediately into a greased tin. Break up when cold. Store in airtight jars.

JUJUBES

30 g gelatine
500 g sugar
 $1\frac{3}{4}$ c water

1 t tartaric acid
lemon essence

Soak gelatine in $\frac{1}{4}$ cup hot water. Melt sugar in 1 cup of water. Boil to soft ball stage. Drop a little into cold water, leave a second or two and it should form a soft ball. Add soaked gelatine. Boil one or two minutes longer. Take off heat and let cool. Add acid and essence, and pour onto a plate. Leave for a day or two. Cut into squares. Roll in sugar.

MARSHMALLOWS

2 c sugar
1 heaped T gelatine

2 T glucose
1½ c boiling water

Dissolve sugar and glucose in half of the boiling water and gelatine in the other half. Mix together, beating well, until the mixture creams and thickens. Pour into wet dishes. When set, cut into squares and roll in icing sugar or toasted coconut. Peppermint essence and a few drops of green colouring may be added.

RUSSIAN FUDGE

675 g sugar
½ c milk
½ tin sweetened condensed milk

1 T golden syrup
125 g butter
¼ t salt

Put sugar and milk into a saucepan and bring to the boil. Add condensed milk, butter, salt and golden syrup. Boil ½ hour stirring frequently. Take off heat and beat until thick. Pour into greased tins. Mark and cut when set.

TRUFFLES

½ pkt wine biscuits
¼ c cocoa
1 c icing sugar

½ c coconut
100 g soft butter
2 T sherry

Break biscuits into smaller pieces and crumb in a food processor. When finely ground, add the cocoa, icing sugar, coconut and butter. Add sherry and process until all ingredients are mixed. Form into small balls with wet hands, and roll them in extra coconut. Refrigerate until firm.

Variation: replace sherry with brandy or rum and add ½ c sultanas.

WELLINGTON SQUARES

Caramel Filling:

200 g condensed milk
2 T golden syrup
50 g butter

½ c brown sugar
½ t vanilla essence

Put all caramel filling ingredients in a saucepan, caramelize and boil for 1 minute. Set aside.

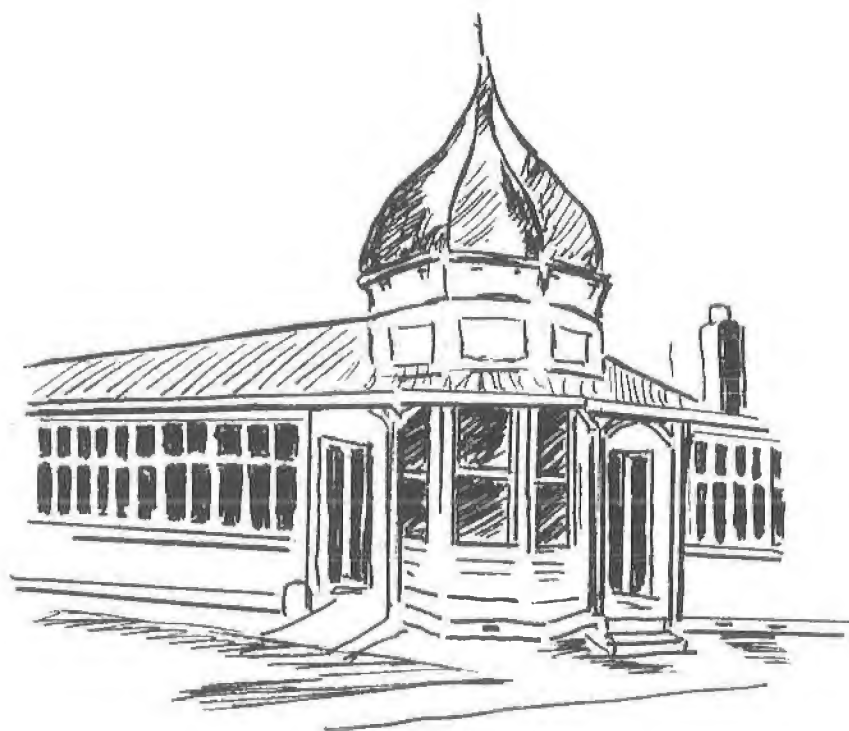
Base:

250 g kremalta
1 T cocoa
1 c icing sugar

1 c coconut
4 c sanitarium rices

Melt kremalta over boiling water. Pour over rest of the ingredients and mix well. Spread half of this mixture into a sponge roll tin and chill. Keep other half of mixture over warm water to prevent setting. When first half of mixture is set, spread with caramel filling. Top with rest of mixture, previously standing over hot water. Refrigerate until set. Cut into small squares, as it is very sweet.

DRINKS



Bailey's Irish Cream (liqueur)
Blackcurrant Drink
Brandy Crusta
Cafe Borgia
Citrus Cordial (Concentrated)
Cold Water Ginger Beer
Fruit Cup
Fruit Drink
Fruit Punch
Ginger Beer

Iced Tea
Lemon Drink
Minty Fruit Cooler Drink
Mock Champagne
Mulled Tomato Juice
Mulled Wine
Parsnip Wine
Rhubarb Champagne
Teenagers' Punch



BAILEY'S IRISH CREAM

1 tin sweetened condensed milk	2 t coffee essence
3 eggs, beaten	1 c whisky
2 t instant coffee	300 ml cream
¼ t coconut essence	

Beat all together until very well blended, and keep in refrigerator. It will last for up to a month.

BLACKCURRANT DRINK

Cover fruit with water and boil for ½ hour. Strain. For every 6 cups of juice add 4 cups of sugar and 1 cup of vinegar. Boil for 10 minutes. Bottle when cold. Keeps well. Good as a cool drink in the summer with lemonade and ice. Also good in the winter as a hot drink.

BRANDY CRUSTA

1 c brandy	2-4 drops angostura bitters
1 c French vermouth	ice
1 c orange juice	

Shake all ingredients well and strain into crusted glasses, by dipping glasses into lemon juice and castor sugar.

CAFE BORGIA

2 T cadbury's drinking chocolate	150 ml ice cream
3 t instant coffee	fresh whipped cream
2 T boiling water	1 orange
900 ml cold milk	

Put the drinking chocolate and instant coffee into a jug. Mix with the boiling water. Add the milk and ice cream and whisk thoroughly. Pour into glasses. Pipe whipped cream on to the surface. Top with a sprinkle of grated orange rind. Add slices of orange to complete the decoration. May be served hot or cold.

Serves 4.

CITRUS CORDIAL (Concentrate)

1 kg sugar	1 orange
1 l water	20 g tartaric acid
1 large lemon	

Grate the rind from both orange and lemon and squeeze both fruit or juice. Dissolve sugar in boiling water, add juice and rind. When mixture is cool add the tartaric acid. Strain through muslin and bottle. Dilute with water to drink.

COLD WATER GINGER BEER

3 c sugar	2 t ground ginger
1 t cream of tartar	1½ t tartaric acid

Pour 18 cups of water over all the ingredients in a 2 l bottle. Put in fridge for two days, leaving lid loose. It should be dissolved but if not give a LITTLE shake to mix.

FRUIT CUP

1 pineapple or 1 large can of crushed pineapple	½ doz passionfruit
5 large oranges	2 bottles soda water
2 lemons	4 bottles ginger ale

This is a large amount so adjust quantities to suit. Squeeze oranges and lemons, add to pineapple (if fresh, minced and with its juice) and passionfruit. Add pinch of salt and sugar to taste. Chill. Just before serving add soda water and ginger ale. Add halved cherries and strawberries or slices of banana and orange for appearance.

FRUIT DRINK

1 c sugar	350 g tin of orange juice
1 t citric acid	1.5 l cold water
1 c boiling water	

Put sugar, citric acid and boiling water into a large bowl and stir until all is well dissolved. Add orange juice, then cold water. Stir well and bottle.

FRUIT PUNCH

2 tins pineapple juice	2 tins grapefruit juice
2 tins orange juice	1 c or more lemon juice

Just before serving, add 6 large bottles lemonade, and 6 large bottles of dry ginger ale. Serve with slices of lemon.

GINGER BEER

4 c sugar	200 g whole ginger
10 l boiling water	50 g cream of tartar
3 juicy lemons	2 egg whites

Put the sugar in an earthenware crock. Peel the lemons, remove the pith, cut the fruit in slices, remove pips. Put fruit with sugar. Add bruised ginger and boiling water. Mix well. Whisk in beaten whites (beat with 2 t of cold water), strain through fine muslin. Return to the pan and leave for 12 hours. Put in plastic soft drink bottles. Ready to use in a few days.

ICED TEA

3-4 c sugar	rind of 1 lemon
6 c water	handful of mint leaves

Boil ingredients together for 10-15 minutes, add juice of 3 lemons. Cool and strain. Make pot of tea — 3 c water to 3 T tea — then add to lemon mixture. Cool and strain. Use as a cordial base, add water and ice.

LEMON DRINK

2 kg sugar	25 g citric acid
50 g epsom salts	50 g tartaric acid
10 c boiling water	grated rind and juice of 6 lemons

Pour the boiling water over the salts. Then add all other ingredients.

MINTY FRUIT COOLER DRINK

800 ml chilled fruit juice	½ c sugar
1 c mint leaves	1½ c lemonade
½ c lemon verbena leaves	2 T lime cordial
½ c lemon juice	ice cubes

Chop mint and verbena leaves with sugar. Add lemon juice. Add fruit juice and chill. Strain. In serving jug add cordial, lemonade and ice cubes. Float fresh leaves and blend together. Delicious on a hot day.

MOCK CHAMPAGNE

1 c sugar	½ c orange juice
1 c water	¼ c lemon juice
1 c grapefruit juice	1 l ginger ale

Combine sugar and water in saucepan and boil for five minutes. Cool. Stir in well chilled fruit juices. Add ginger ale.

MULLED TOMATO JUICE

To 250 ml tomato juice add 1 clove, a piece of bayleaf, 2 allspice berries. Heat all together. Add a dash of worcestershire sauce and 1 t french mustard mixed to a paste. Heat all again. Let stand for some hours.

To serve strain and heat again. Serve in small cups, with a dollop of cream on top. Suitable for a buffet meal.

MULLED WINE

4 c red wine	6 cloves
4 c fruit juice	¼ c raisins
1 t mixed spice	1 orange sliced
2 t brown sugar	

Heat but do not boil all ingredients. Serve hot. (If more is needed, add more wine and fruit juice.)

PARSNIP WINE

2 kg parsnips	25 g hops
slice of toast	1 t yeast
1.5 kg sugar	5 l water

Cut parsnips into quarters, boil until tender enough to lift out on a sieve without breaking. Put the hops in a muslin bag and boil with parsnips. Do not put the lid on tightly when boiling as the oil from the parsnips will spoil the flavour of the wine. Strain and add the sugar. Allow the wine to become lukewarm, then put in the yeast, spread on the toast and allow the brew to stand in a tub or wooden vessel for 36 hours to ferment. Put in a cask. As soon as the hissing sound has ceased the wine has fermented enough. Bottle, and place each bottle on its side. The wine is ready for use in one month, but if kept longer, is much better.

RHUBARB CHAMPAGNE

2 kg rhubarb	1.5 kg sugar
3 T white vinegar	10 l water
4 lemons, juice and rind	

Wash and cut up rhubarb. Place in a bucket. Squeeze lemons and add rind. Place in bucket with other ingredients and leave for 3 days. Strain 3 times. Bottle in either wine bottles or plastic coke bottle. Leave 1-2 weeks.

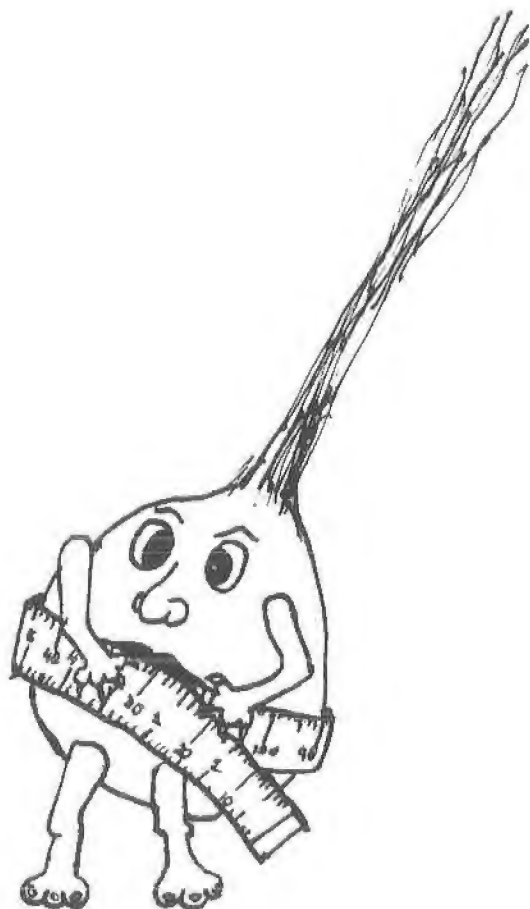
TEENAGERS PUNCH

4 oranges	1 bottle lemon cordial
4 bananas	1 punnet strawberries
4 apples	1 bottle orange cordial
4 passionfruit	8×750 ml bottles lemonade
1 litre can pineapple pieces	3×750 ml bottles ginger ale
1 c sugar	3×750 ml bottles soda water

Peel and chop oranges, bananas and apples. Remove pulp from passionfruit. Combine in a large basin with undrained pineapple and sugar; refrigerate until ready to serve. Combine cordials and 2 bottles of lemonade in a punch bowl. Refrigerate. Just before serving, add ginger ale, soda water and remaining lemonade; stir in fruit mixture, hulled strawberries and ice. Makes approximately 12 litres.

NB: for an adult punch, 1 or 2 bottles of brandy or gin can be added.

HEALTHY FOOD



Anyfruit Muffins (Processor recipe)	Honey Loaf
Apple crisp	Lamb and Lentils
Apricot Bran Loaf	Lunch Patties
Apricot Sauce (for meat)	Peach Supreme
Apricot Yoghurt Slice	Pineapple Orange Jelly
Banana and Date loaf	Prune Whip
Banana and Lemon Freeze	Quick Bread
Basic Muesli	Savoury Pikelets
Bean and other Sprouts	Seafood in Peppers Rings
Bean Sprouts and Pasta Salad	Sesame Seed Slices
Bean Sprouts in Fried Brown Rice	Soya Buns
Bird Seed Bar	Spicy Crunch Square
Bran Muffins	Spring Onion Dip
Broad Bean Salad	Sultana Crunchie
Brownie Cake	Sunflower Surprises
Brown Rice (to cook)	Superb Carrot Cake
Brown Rice Delight	Tamerillos (Fresh)
Brown Rice Fried with Mushrooms	Upside Down Apple and Blackberry
Brown Rice Stuffed Marrow	Cake
Caribbean Cake	Walnut Cake
Carrot Bread	Welsh Stew
Carrot Plum Pudding	Wheatgerm
Crab Apple Cake	Wheatgerm Crisps
Crisp Liver	Wholemeal Biscuits
Cucumber Salad	Wholemeal Fruit Slice
Fruit Bake	Wholemeal Loaf
Fruit Cocktail	Wholemeal Pumpkin Fruit Cake
Health Loaf	Yoghurt (Homemade)
Herb Muffins	



ANYFRUIT MUFFINS (Processor recipe)

- | | |
|--|-------------------------------|
| 2 eggs | 1 t vanilla or almond essence |
| 1 T brown sugar, honey or golden syrup | 1½ c wholemeal flour |
| 2 T nuts | 2 t baking powder |
| 1 c bananas, apples or apricots | milk to mix |
| ½ c sultanas, raisins or dates | |

Put eggs, sugar, nuts, fruit and essence into a food processor and combine. Add dried fruits. Add to mixed dry ingredients and mix with milk to a dropping consistency. Bake in greased muffin tins for 15 minutes at 170°C (375°F). All fruits can be used or just one or two, eg. walnut, apple and raisin; banana and nut; apricot and almond.

APPLE CRISP

- | | |
|---------------------|-----------------|
| 6 medium apples | 1 t cinnamon |
| 2 T dry white wine | ¼ c butter |
| 1 t cornflour | ½ c rolled oats |
| ½ c wholemeal flour | 4 t water |

Peel and slice apples. Oil a shallow pan and cook apple slices in this, stirring often. When soft, add wine and cook slightly. Sprinkle with cornflour and stir. Rub butter into dry ingredients and mix in water to make a crumbly mixture. Sprinkle topping over apple in oven dish and bake in oven until browned, at 160°C (325°F).

APRICOT BRAN LOAF

- | | |
|----------------------|-----------------------------------|
| 1 c all-bran | ¾ c raw sugar |
| ¾ c sultanas | 1¼ c milk |
| 150 g dried apricots | 1½ c wholemeal self raising flour |

Combine bran, sultanas, finely chopped apricots, raw sugar and milk in bowl. Allow to stand for 2 hours or overnight. Stir in sifted flour and husks which remained in sifter. Mix well. Spoon mixture into greased and paper-lined loaf tin. Bake in moderate oven approximately 1 hour or until loaf is cooked when tested. Turn out on to wire rack to cool. Serve sliced and buttered.

APRICOT SAUCE (For meats)

- | | |
|---------------------|------------------|
| 2 T peanut oil | 1 T honey |
| 1 c apricots pureed | ¼ t oregano |
| 1 t soy sauce | 2 T grated onion |
| 2 T cider vinegar | ½ c tomato puree |

Heat oil in saucepan and add other ingredients. Simmer gently until soft. Serve hot or strain or vitamix, and reheat.

APRICOT YOGHURT SLICE

Base:

¼ c toasted coconut	60 g butter
125 g digestive biscuits (crushed)	

Filling:

125 g dried apricots	3 T honey
½ c boiling water	2 eggs
400 g plain yoghurt	

To toast coconut, place in heavy pan on stove and stir with a wooden spoon until coconut is light brown. Remove immediately. Combine with crushed biscuits and melted butter. Line a lamington tin with foil. Press crumb mixture into tin and refrigerate. Cover apricots with boiling water and let stand for 30 minutes. Put apricots and liquid into blender and blend until smooth. Add yoghurt, honey and eggs. Spread yoghurt mixture over crumb base. Bake at 300°F for 30 minutes, and refrigerate for several hours before serving. Sprinkle top with a little extra coconut.

BANANA AND DATE LOAF

60 g butter	2 large bananas, well ripened
1 egg	2 T dates, chopped
1 c white self raising flour	1 t cinnamon
1 c wholemeal self raising flour	2 T nuts, optional
125 g brown sugar	3 T milk

Cream butter and sugar. Beat egg and mash bananas. Add and beat into creamed mixture. Sift dry ingredients, keeping coarse wholemeal particles. Add with dates, nuts and milk. Base in a greased loaf tin at 180°C (360°F) for 1 hour.

BANANA AND LEMON FREEZE

2 c plain yoghurt	¼ c thin honey
½ c orange and lemon juice	2 bananas mashed
1 T orange and lemon rind	2 egg whites

Put 1 T orange and lemon juice aside. Blend yoghurt, juice, rind and honey in processor. Freeze until icy. Beat well. Add beaten whites and bananas with fruit juice sprinkled on. Fold all together and freeze hard.

BASIC MUESLI

500 g rolled oats	2 T honey
¼ t salt	1 T brown sugar
½ c bran	½ c cooking oil
½ c skim milk powder (or malted milk powder)	2 T sesame seed

Warm oil and honey. Add to mixed dry ingredients and rub through. Bake at 150°C, mixing occasionally to prevent bottom layer browning. To this may be added mixtures of dried fruits after baking; toasted chopped nuts may be added; wheatgerm may be added to dry ingredients; amount of sweetening may be lessened.

BEANS AND OTHER SPROUTS

Sprouted beans are a fresh food with a high nutritive value. Popular seeds to sprout are mung and soya beans, lentils, wheat, alfalfa and sunflower. A simple sprouter can be made from a preserving jar with a damp muslin fastened over the top with a rubber band.

Put about $\frac{1}{4}$ c mung beans in a jar of cool water and leave to swell overnight. Drain. Rinse with fresh water, drain and place jar tilted, so that the seeds do not sit in water. Store jar in a dark, warm, but not hot, cupboard. Repeat 2 or 3 times daily until sprouts are desired length. Mung beans reach about 5 cm in 2-3 days, wheat is ready at 1 cm in 2 days. Use bean and sprout, but pick out any which have not germinated.

Some uses of sprouts: Raw in any salads or sandwiches; cooked in butter or steamed and added to omelettes and egg dishes, chinese foods, casseroles, thick soups and vegetables, etc.

BEAN SPROUT AND PASTA SALAD

100 g wholemeal pasta, macaroni shells, etc, cooked and drained
1 c mung bean sprouts
2 t chives, chopped

$\frac{1}{2}$ c fresh cultured mushrooms, sliced
 $\frac{1}{2}$ red pepper, sliced
4 T toasted nuts

Dressing

200 g plain yoghurt
1 T lemon juice

1 T salad or peanut oil

Mix vegetables all together and add pasta. Combine dressing ingredients and mix through pasta and vegetables.

BEAN SPROUTS IN FRIED BROWN RICE

2 T oil
1 c onion, chopped
2 c brown rice, cooked
1 c sprouts, steamed

1 c cooked chicken
 $\frac{1}{4}$ c bacon, cooked
2 eggs
2 T soy sauce

Heat oil in pan. Add onions and cook. Add rice and cook until light brown. Add beaten egg, chicken and sprouts and heat until egg is set.

BIRDSEED BAR

1 c sesame seeds
1 c sunflower
1 c coconut
1 c chopped nuts

1 c sultanas
100 g butter
 $\frac{1}{4}$ c honey
 $\frac{1}{2}$ c brown sugar

Lightly toast seeds, nuts and coconut in electric fry-pan on moderate heat, until lightly brown. Mix in a large bowl with sultanas. Put butter, honey, brown sugar into pan and heat gently until sugar dissolves and the ingredients form a ball when dropped in cold water. Put toasted ingredients back into pan, stir well to combine. Press into a lightly buttered dish and cut before completely cold.

BRAN MUFFINS

30 g butter	½ t baking soda
¼ c brown sugar	¼ t salt
1 egg	1 t spice
2 T golden syrup	1 t cinnamon
1 c bran	½ c milk
1 c flour	1 c fruit
2 t baking powder	

Melt butter, sugar, syrup and milk. Add egg. Add remaining ingredients. Cook for 10 minutes at 215°C (425°F) in patty tins.

BROAD BEAN SALAD

500 g broad beans	½ lemon juice and rind
200 ml plain yoghurt	1 t oil
50 g cottage cheese	1 t parsley and fresh herbs, ie. chives, sage

Cook beans until soft. Mix lemon and oil and pour over the warm beans. Mix cottage cheese and yoghurt and pour over the cold beans. Sprinkle herbs on top.

BROWNIE CAKE

125 g carob	2 eggs, beaten
125 g butter	175 g wholemeal flour
125 g light brown sugar	½ c walnuts, shelled and chopped

Heat the oven to 180°C (350°F). Put the carob into a bowl and stand in a saucepan of water and melt on a low heat. Beat the butter with the sugar until it is light and creamy. Add carob and beat. Beat in the eggs, alternately with the flour. Fold in the walnuts. Put the mixture into a buttered 20 cm diameter cake tin and bake it for 40 minutes or until a skewer inserted in the centre comes out clean. Cool the cake in the tin for 5 minutes and turn it onto a wire rack to cool completely.

BROWN RICE (To cook)

1 c brown rice	½ t salt
2 c cold water	

Wash rice in strainer under cold tap and drain. Bring cold water, rice and salt to the boil. Reduce heat and simmer with lid on for 45 minutes. Do not stir. The water should be absorbed and the rice slightly firm.

BROWN RICE DELIGHT

2 c cold, cooked brown rice	1 c carrot, grated
1½ c cooked corn	2 spring onions or chives, cut
1 c raw celery, chopped	

Combine all ingredients and mix dressing made with lemon juice over it.

BROWN FRIED RICE WITH MUSHROOMS

300 g long grain brown rice	2 eggs
175 g mushrooms	60 ml soy sauce
225 g cooked lean ham	90 ml sunflower oil
1 T parsley	

Boil the rice in lightly salted water until tender. Drain it, rinse it with cold water and drain again. Cut the mushrooms into 2.5 cm squares. Finely chop the ham. Beat the eggs with the soy sauce. Heat 60 ml of the oil in a large frying pan on a high heat. Brown the mushrooms. Remove them. Put the remaining oil in the pan. Mix in the rice and ham. Pour in the egg mixture and fork everything around until the rice grains have a fluffy, set coating. Mix mushrooms back into the pan. Heat through quickly. Add parsley and serve.

BROWN RICE STUFFED MARROW

1 c brown rice	50 g butter
1 T marmite	2 or 3 tomatoes, sliced
1 medium marrow	2 T chopped parsley
1 large onion, sliced finely	2 hard boiled eggs
salt and ground pepper	

Cook rice in 3 cups water and marmite until tender. Cut marrow into 5 cm rounds and boil or steam until tender. Drain and place slices on a flat serving dish. Cook onion in the butter in a pan. Add rice, tomatoes, eggs, parsley, salt and pepper. Fill each round of marrow with this mixture. Garnish with parsley and slices of tomato.

CARIBBEAN CAKE

2 c wholemeal flour	4 lightly beaten eggs
1 c white flour	1 t vanilla
1½ c oil	4 medium bananas, mashed
1 c sugar	1 c walnuts, chopped
2 t baking soda	1 medium tin crushed pineapple
2 t baking powder	1 t cinnamon
½ t salt	

Sift the dry ingredients and return husks to the bowl. Make a well in the centre and mix in the eggs, oil and vanilla. Drain the pineapple and add to the mixture. Stir in mashed banana and walnuts. Bake in a large ring tin for 1¼ hours at 180°C (375°F).

CARROT BREAD

¾ c salad oil	¼ t salt
2 eggs	1 t cinnamon
1 c sugar	1 t vanilla
1½ c flour	1 c carrot, finely grated
1 t baking soda	½ c nuts

Cream oil, eggs and sugar. Add all other ingredients. Mix well and add carrots and nuts. Bake in greased and floured large loaf tin or 2 small tins at 175°C (350°F) for about 45 minutes. Freezes well.

CARROT PLUM PUDDING

½ c white flour	½ t baking soda
½ c wholemeal flour	1½ c raisins or mixed fruit
¾ c soft brown sugar	½ c milk, approx
1 c carrot, grated	1 egg
1 c old potato, grated	50 g butter
1 t mixed spice	

Sift and mix dry ingredients. Add fruit and vegetables. Cream butter and sugar. Beat in egg. Add milk and dry ingredients alternately. Cook in a covered greased bowl in a saucepan of boiling water for approximately 2½ hours.

CRAB APPLE CAKE

350 g crab apples	1 t cinnamon
3 T honey	

Base:

225 g wholemeal flour	125 g butter
pinch salt	125 g light brown sugar
1 t bicarbonate soda	150 ml plain yoghurt

Heat the oven to 200°C (400°F). Quarter, core and chop the crab apples. Mix them in a bowl with the honey and cinnamon. Put the flour into a bowl with the salt, bicarbonate of soda and cinnamon. Rub in the butter. Toss in the sugar with your fingertips. Make a well in the centre, pour in the yoghurt and mix everything to a moist dough. Put the mixture into a buttered, 20×25 cm cake tin. Cover the top with the crab apples. Bake the cake for 30 minutes so the top browns and a skewer inserted in the centre comes out clean. Serve as a dessert hot, with cream.

Serves 6.

CRISP LIVER

500 g lambs fry	¾ c wholemeal flour
1 egg	salt and pepper
1 T lemon juice	

Blanch lambs fry, skin and slice very thinly. Beat lemon juice and egg. Dip slices first in wholemeal then in egg and again in wholemeal. Fry until brown in hot oil.

CUCUMBER SALAD

1 large cucumber	⅓ c sliced almonds
salt	1 t onion, finely cut
1 c sour cream	2 t lemon juice

Peel cucumber. Score longways with a fork and slice finely. Sprinkle with salt and leave for juice to form. Strain this off. Make dressing by mixing sour cream, almonds, onions and lemon juice, and mix into cucumber.

FRUIT BAKE

1 large grapefruit
1 large banana
2 T raisins

2 T pineapple pieces
orange or pineapple juice
1 T brown sugar

Peel the grapefruit and with a serrated knife remove flesh and leave sections. Put in a buttered oven dish. Slice the banana and dip in fruit juice. Add banana, pineapple and raisins to grapefruit. Sprinkle with sugar. Cover tightly and heat at 180°C (375°F) for 15 minutes. Serve with ice cream.

FRUIT COCKTAIL

3 grapefruit
fruit in season, eg. orange, kiwifruit,
melon, passionfruit

1-2 T sherry, cointreau or ginger ale
cherries or mint sprigs
sugar

Peel grapefruit and remove segment between the membrane with a serrated knife. Prepare other fruits and mix with grapefruit and sherry, with sugar to taste. Put into shallow glass dishes or grapefruit half-skins. Garnish with cherries or mint.

HEALTH LOAF

1½ c raw sugar
85 g butter
2 c cold water
1 t baking soda
500 g mixed fruit

1 c wholemeal flour
½ c wheatgerm
½ c soya flour
2 c white flour
1 t baking powder

Put sugar, butter, water and fruit into saucepan. Bring to boil. Add baking soda and leave to cool. Add dry ingredients mixed together. Bake in oven at 150°C (300°F) for 1 hour.

HERB MUFFINS

2 c flour
3 t baking powder
1 t sugar
4 t chopped herbs (mint, chives,
marjoram, parsley, thyme)

1½ c grated cheese
finely chopped bacon (optional)
85 g butter
1 c milk
2 eggs

Sift flour and baking powder. Add sugar, grated cheese, bacon. Melt butter and combine with milk and well-beaten eggs. Add to flour mixture. Add herbs. Put in patty tins and bake 10 minutes at 215°C (425°F). Makes 24 muffins.

HONEY LOAF

1 T dried yeast
2½ c warm water
4 T honey
3 T peanut oil
6 c wholemeal flour

1 T cinnamon
2 t salt
¼ c sunflower seeds
½ c soft raisins

Mix the yeast with the water, honey and oil. Sift dry ingredients. Add raisins and sunflower seeds, and add to the yeast mixture. Knead until smooth, put into greased bowl, cover with plastic and leave in a warm place to rise until double. Knead lightly and shape into two loaves. Rise again. Bake 30 minutes at 175°C (350°F).

LAMB AND LENTILS

2 T butter or oil
1 onion, chopped
1-2 cloves
½ t tumeric
½ t ground cumin
½ t ground ginger

300 g cubed shoulder of lamb
¾ c brown lentils
1 c water
1 t salt
½ c plain yoghurt

Heat oil, add onion, butter and spices and cook 5 minutes. Add cubed meat. Stir and cook 5 minutes. Add lentils and water. Cover and simmer until lentils are tender and water is absorbed. Stir in salt and yoghurt. Cover again and simmer until all is tender, approx ¾ hour. Serve on brown rice.

LUNCH PATTIES

1 c rolled oats
2 T peanut butter
1 onion, chopped
½ c grated cheese

2 T wholemeal flour
1 egg
1 T parsley and other herbs
wheatgerm

Beat egg and combine all ingredients. Form into patties and roll in wheatgerm. Cook in hot oil on each side, or brush with oil and bake.

PEACH SUPREME

ripe peaches, eg. golden queen
castor sugar

sherry or white wine

Skin peaches and slice finely into a bowl. Sprinkle with sugar to taste and leave a few minutes for juice to form. Sprinkle with sherry or wine and serve immediately, otherwise peaches turn brown. Good with ice cream.

PINEAPPLE AND ORANGE JELLY

3 t gelatine
1 T cold water
250 ml boiling water
250 ml orange juice

1 t orange rind, grated
1 c crushed, unsweetened pineapple
1 egg white (if desired)

Soften gelatine in cold water. Add boiling water. When dissolved, add orange and pineapple. Put to set and stir when nearly set to distribute pineapple. Add beaten egg white at this stage.

PRUNE WHIP

2 c prunes
3 c plain yoghurt
½ t lemon juice

1 T gelatine
¼ c water

Cook prunes until soft. Remove stones and puree. Soften gelatine in cold water. Warm until dissolved. Add gelatine to yoghurt and beat. Add prune puree and lemon. Set in individual dishes and sprinkle with nuts and coconut.

QUICK BREAD

1 kg white or wholemeal flour	3 t yeast
2 t salt	3 cups water
2 t honey	

Mix honey and yeast with $\frac{1}{2}$ c warm (blood temperature) water. Keep warm until frothy. Put flour and salt in bowl. Add yeast mixture and finally add $2\frac{1}{2}$ cups warm water. Leave 30 minutes to rise. Punch down and place in greased loaf tins. Bake at 200°C (400°F) for 30–40 minutes.

SAVOURY PIKELETS

1 egg white	$\frac{1}{2}$ t curry
$\frac{2}{3}$ c milk	$\frac{1}{2}$ t mustard
1 t mild vinegar	$\frac{1}{4}$ t baking soda
1 c wholemeal self raising flour	$\frac{1}{3}$ c grated cheese

Beat egg whites. Add milk and vinegar. Stir into dry ingredients and add cheese. Cook in spoonfuls on girdle or frypan.

SEAFOOD IN PEPPER RINGS

green peppers	celery, sliced
lettuce	cucumber, sliced
shrimps	creamy dressing
salmon	lemon wedges
tuna	parsley

Cut peppers in $2\frac{1}{2}$ cm rings and place on lettuce leaf. Fill with shrimps, salmon, tuna, cucumber and celery. Dress with mayonnaise and whipped cream mixed together. Garnish with lemon wedges and parsley.

SESAME SEED SLICE

100 g margarine or butter	$\frac{1}{2}$ c peanuts
$\frac{1}{2}$ c white or raw sugar	$\frac{1}{2}$ c coconut
2 T honey	3 c rice bubbles
100 g sesame seeds	

Combine butter, sugar and honey in saucepan. Stir until the sugar dissolves and boil gently for 5 minutes. Remove from heat and add the remaining ingredients. Spread evenly over a baking tray and bake in a moderate oven for 3 minutes. Break into pieces when cold or cut into slices when warm.

SOYA BUNS

2 c soya flour	2 t grated lemon rind
4 t baking powder	2 t thin honey
1 c raisins or sultanas	$1\frac{1}{2}$ c milk

Sift dry ingredients. Add raisins and rind with honey and milk. Put a spoonful in a greased patty tin and bake until lightly browned for 15 minutes at 185°C (375°F).

SPICY CRUNCH SQUARE

170 g butter	1 t cinnamon
4 T golden syrup	½ t mixed spice
110 g raw sugar	½ t ground cloves
280 g wholemeal flour	1 t baking powder
110 g cornflakes	

Melt the butter, syrup and raw sugar and add all other ingredients. Bake at 175°C (350°F) for approximately 10 minutes. Cool in the tin.

SPRING ONION DIP

½ c spring onions, chopped	¼ c celery, chopped
1 c plain yoghurt or sour cream	¼ t ginger
2 T mayonnaise	2 T walnuts, chopped
¼ c parsley, chopped	1 T soy sauce

Combine all ingredients and serve with pieces of raw vegetables e.g. celery, cauliflower, radish etc.

SULTANA CRUNCHIE

100 g butter	1 c white+¼ c wholemeal flour
1 c sugar	1 c sultanas
½ t vanilla	¼ c chopped walnuts
1 egg	1 c cornflakes or weetbix or vitabrits
pinch of salt	1 t baking powder

Cream butter and sugar, add vanilla and egg. Beat well. Stir in sultanas, walnuts, sifted flour, baking powder, salt and cornflakes. Combine thoroughly. Press into a greased sponge roll tin. Bake in oven for 30 minutes at 160°C (325°F).

When cool cut into squares. Makes a tasty, crunchy biscuit.

SUNFLOWER SURPRISES

100 g butter	1 T carob powder
½ c sugar	½ t salt
1 egg	½ c raisins
1 c wholemeal flour	½ c sunflower seeds
1 t baking powder	

Cream butter and sugar and add egg. Beat well. Fold in flour, baking powder, carob powder and salt. Stir in raisins and sunflower seeds. Put spoonfuls on a greased tray and bake at 180°C (360°F) for about 20 minutes. This makes 18 biscuits.

SUPERB CARROT CAKE

125 g self-raising flour	50 g chopped walnuts
100 g wholemeal flour	100 g carrots, washed, trimmed and grated
2 t baking powder	2 ripe mashed bananas
150 g light soft brown sugar	2 eggs
150 ml salad or corn oil	

Heat the oven to 180°C (350°F). Grease and line a 20cm round cake tin with a circle of greaseproof paper. Sift together the flour and baking powder into a large bowl and stir in the sugar. Add nuts, carrots and bananas and mix lightly. Make a well in the centre, add the eggs and oil and beat well until blended. Turn into the tin and bake in an oven for about 1¼ hours until cake is golden brown. Use a skewer and pierce into centre. The skewer should be clean. Turn out and remove paper and leave to cool on a wire rack.

Topping:

100 g soft butter or margarine	200 g icing sugar, sieved
100 g rich cream cheese	½ t vanilla essence

Place all the ingredients together in a bowl and beat well until blended and smooth. Spread over the cake and rough up with a fork.

TAMERILLOS (Fresh)

6 tamerillos	¼ c brown sugar
--------------	-----------------

Blanch tamerillos in boiling water. Remove skins and slice thinly into a deep bowl. Sprinkle with brown sugar and leave in fridge for juice to form. Serve with ice-cream or muesli.

UPSIDE DOWN APPLE AND BLACKBERRY CAKE

125 g butter	2 eggs
125 g honey and 2 T melted honey	225 g blackberries
125 g wholemeal flour	2 large eating apples
1 t baking powder	

Heat oven to 180°C (350°F). Beat butter until light and fluffy. Add 125 g honey and beat. Mix flour and baking powder and beat in with butter and honey alternately with the beaten eggs. Butter a 20cm dish and place the blackberries in the bottom of the dish. Chop apples finely. Mix with the blackberries and spoon melted honey over them. Cover with the cake mixture and bake for 25 minutes until the top is golden brown. Turn onto a round flat plate and serve hot.

WALNUT CAKE

2 c wholemeal self-raising flour	1 c milk
110 g butter	1 c chopped walnuts
1 egg	1 t nutmeg
2 c brown sugar	

Put flour and sugar in a bowl. Rub in butter. Place ½ the mixture into a lined 20 cm cake tin. Beat egg, milk and nutmeg and mix with the remaining ingredients in the bowl. Pour over the dry mixture in the cake tin. Sprinkle walnuts on top and bake in a moderate oven for an hour. Remove from tin immediately and remove lining paper otherwise it will stick fast.

WELSH STEW

1 kg shoulder of lamb
2 large leeks, sliced
250 g carrots, sliced
100 g swede, cubed
1 T vegemite

250 g potatoes, cubed
1 bayleaf
1 T soya flour
¼ t dried thyme

Trim the fat off the meat and cut into cubes. Cover with water and simmer for 1½ hours. Add vegetables, bayleaf, thyme and vegemite. Mix soya flour with cold water and stir into hot liquid. Simmer until vegetables are tender.

WHEATGERM

The germ or kernel of wheat is the part from which the new wheat plant grows and has a high nutritive value. It is removed when white flour is made but is found in whole grain flours. It contains oil and will become rancid if not stored at a low temperature preferably refrigerated. Stabilised wheatgerm keeps better but has lost some nutrients. Use on its own on cereals or added to muesli. Include it in any dishes using flour, mix into meat loaves and use as breadcrumbs in stuffings and as a coating: 25 g wheatgerm mixes well with 200 g plain flour.

WHEATGERM CRISPS

100 g butter
½ c sugar
1 c self-raising flour

2 t carob
½ c coconut
½ c wheatgerm

Cream butter and sugar. Add flour, carob, coconut and wheatgerm. Place small spoonfuls on a baking tray and cook in a slow oven for approximately ¼–½ hour.

WHOLEMEAL BISCUITS

110 g butter
1 c flour
1 c wholemeal flour
1 t baking soda

1 c sugar
1 c coconut
a little milk

Melt butter and add to dry ingredients with a little milk. Roll out using plenty of flour. The thinner they are the crisper when cooked. Bake at 160°C (325°F) for 15 minutes. Spread with butter.

WHOLEMEAL FRUIT SLICE

2 c wholemeal flour
2 raised t baking powder
1½ c raw sugar
1 c coconut
½ c bran

½ c wheatgerm
2 c mixed fruit
8 dried apricots finely sliced
1 finely grated carrot
2 c milk

Combine dry ingredients. Add milk and blend thoroughly. Place in a greased shallow tin and bake at 160°C (320°F) for approximately 30 minutes. DO NOT OVERCOOK. Cut while warm. Note that there are no butter or eggs in this recipe.

WHOLEMEAL LOAF

1 T golden syrup	1 c flour
350 g sultanas	1 c wholemeal flour
1 T butter	1 t baking soda
1 c water	1 t spice
½ c sugar	1 t cinnamon
pinch of salt	

Combine syrup, butter, water, sugar, sultanas and salt and boil for 5–10 minutes. Cool. Add remaining ingredients and cook in a greased and floured loaf tin at 170°C (340°F) for one hour.

WHOLEMEAL PUMPKIN FRUIT CAKE

110 g butter	¾ c brown sugar
2 eggs	1 c cold mashed pumpkin
2 T golden syrup	2 t baking powder
1 c wholemeal flour	¾ c white self-raising flour
225 g mixed fruit or raisins	

Cream butter and sugar until light. Add eggs one at a time, beating well. Stir in pumpkin and golden syrup and mixed fruit. Stir in sifted flour, returning husks from sifter to mixture and beat until smooth. Spread into a well-greased deep 20cm round tin and bake in a moderate oven for 1¼ hours until cooked when tested. Stand 5 minutes until turning out onto a rack to cool.

YOGHURT (Homemade)

1 l milk	2 T commercial plain yoghurt
4 T skim milk powder	

Bring the milk and milk powder to the boil. Cool until blood heat — 43°C (96°F). Add a little milk to the yoghurt and blend. Stir in the rest of the milk and put into a sterile wide mouthed thermos flask. Leave to thicken for 3–6 hours. Do not shake or yoghurt will separate. Add fruit or flavouring and refrigerate.

NOTES

MICROWAVE



Baby Pizza
Baked Tomatoes
Bran Muffins
Brandy Sauce
Brownies
Carrot Cake (1)
Carrot Cake (2)
Chicken Liver Pate
Chinese Style Vegetables
Chocolate Cake
Chocolate Easter Nests
Chocolate Pudding
Coconut Ice
Coconut Lemon Cake
Creamy Chicken Casserole
Crumbed Sugar Pudding
Fish Fillets with Lemon
Fish Pie
Hamburger Patties
Health Bar
Herbed Potatoes

Hot Roast Sandwiches (For one)
Jiffy Fondue (For two)
Lemon Honey
Meringues
Mocha
Muesli
Paella
Porcupines
Pumpkin Soup
Russian Fudge
Savoury Cougettes
Simple Macaroni Cheese
Spinach Soup
Steamed Pudding
Steamed Rice
Stuffed Frankfurters
Stuffed Tomatoes
Sultana Cake
Summer Rataouille
Sweet Sour Meatballs
Sweetcorn and Tuna Timbale

BABY PIZZA

Cornish wafers
sliced salami
cheese slices

tomato relish
mixed herbs

On one biscuit arrange one slice of salami, a triangle of cheese, a little relish and a pinch of mixed herbs. Arrange pizzas on a plate and microwave on high. Six pizzas take 30 seconds and 12 pizzas take $\frac{3}{4}$ — 1 minute.

BAKED TOMATOES

6 halves

Cut 3 medium sized tomatoes in half. Cook on plate for $2\frac{1}{2}$ minutes. Top with slices of cheese and a sprinkle of black pepper and green herbs stock. Cook for 30 seconds longer.

BRAN MUFFINS

2 c baking bran
1 t baking powder
 $\frac{1}{2}$ c plain flour

$\frac{1}{2}$ c golden syrup
1 egg
 $\frac{3}{4}$ c milk

Place bran in a bowl. Sift together the flour, baking powder and baking soda and add to bran. Mix well. Place golden syrup in a suitable bowl and soften in microwave on low or defrost for 1 minute. Add milk and beaten egg to syrup. Stir liquid into dry ingredients. Grease microwave muffin pans and half fill. Cook on medium for 4 minutes or on high for $2\frac{1}{2}$ — 3 minutes (Times are for 5 muffins). For a variation add $\frac{1}{2}$ c sultanas to dry mixture.

BRANDY SAUCE

$2\frac{1}{2}$ T cornflour
2 T sugar
 $1\frac{1}{2}$ c milk

1 T butter
1 T brandy

Combine cornflour, sugar and milk in a jug. Cook for 2 to 3 minutes on high, stirring twice during cooking. Whisk and add butter and brandy.

BROWNIES

2 eggs
1 c sugar
1 t vanilla
100 g butter

1 c flour
 $\frac{1}{4}$ c cocoa
1 t baking powder
 $\frac{1}{4}$ — $\frac{1}{2}$ c nuts (optional)

Beat the eggs, sugar and vanilla together. Add butter that has been heated until it has just melted in the microwave oven. Stir in the sifted dry ingredients and the nuts if they are used. Do not overmix. Spread mixture in a 23 cm pan lined with a circle of greaseproof paper. Microwave at high for 5–7 minutes. Take brownies from oven as soon as the centre is dry. Look at the mixture every half minute after 5 minutes to make sure you do not overcook it. Cool in baking pan. Dredge with icing sugar and cut into wedges when cold.

CARROT CAKE (1)

2 c grated carrot	1 ¼ c flour
2 eggs	2 t cinnamon
1 c sugar	2 t mixed spice
¾ c oil	1 t baking soda
1 t vanilla	½ t salt

Mix the eggs, oil and vanilla well and add carrot and sifted dry ingredients. Stir these into the creamed mixture mixing as little as is necessary to combine ingredients. Turn mixture into a 23 cm ring pan or round cake pan lined with greaseproof paper and cook on high power for 8 minutes. Leave to stand 5 minutes before turning out.

Cream Cheese Frosting:

¼ c butter	85 g cream cheese
2 c icing sugar	1 t vanilla

Combine ingredients in bowl. Cook on high for 30 seconds to soften. Beat until fluffy. Spread on carrot cake and cover with chopped walnuts.

CARROT CAKE (2)

2 c carrot, finely grated	1 t vanilla
2 eggs	2 t cinnamon
1 c sugar	2 t mixed spice
¾ c oil	1 t baking soda
1 ¼ c flour	¼ t salt

Push carrot in firmly when measuring. Mix sugar, eggs, oil and vanilla until eggs have combined with other ingredients. Stir into creamed mixture. Try to stir as little as possible when combined with other ingredients. Put into greased dish. Cover lightly with greaseproof paper and cook for about 8 minutes until skewer comes out clean. Uncover and stand 5 minutes before turning out.

CHICKEN LIVER PATE

500 g fresh chicken livers	1 t oregano
2 rashers rindless bacon	½ t dry mustard
2 cloves garlic, crushed	¼ c sherry
1 T butter	2 T butter
2 t chicken stock	1 hardboiled egg, chopped
1 t lemon juice	black pepper

Preheat browning dish on high power for 6 minutes. Add butter, chicken livers, bacon and garlic and stir well. Cook on high power 3 minutes, stirring occasionally. Remove from oven and place mix in food processor using steel chopping attachment. Add remaining ingredients and process until smooth. Scrape pate into serving dishes and refrigerate until set. Freezes well.

CHINESE STYLE VEGETABLES

- | | |
|------------------|-----------------------|
| 1 small onion | 1 red or green pepper |
| 2 sticks celery | 1 t chicken stock |
| 2 carrots | ¼ t ground ginger |
| ¼ c frozen peas | ¼ c water |
| ¼ c frozen beans | |

Cut onion into ⅛ths. Slice celery, carrots and pepper into strips. Place in cooking dish with frozen vegetables and mix. Dissolve chicken stock and ginger in hot water. Pour liquid over vegetables. Cover loosely and cook on high for 4-5 minutes.

CHOCOLATE CAKE

- | | |
|------------|-------------------|
| 3 T butter | vanilla essence |
| 3 T cocoa | 1 c sugar |
| 2 eggs | 1 c flour |
| ½ c milk | 2 t baking powder |

Melt butter and cocoa. Beat eggs, milk, essence and sugar. Add flour and baking powder. Cook for 6 minutes on high.

CHOCOLATE EASTER NESTS

- | | |
|----------------------------------|------------------------|
| 280 g bar milk chocolate | 2 c crushed cornflakes |
| 110 g bar sweet baking chocolate | jelly beans |
| ½ c shredded coconut | |

Put chocolate into large bowl. Microwave 2-3 minutes. Stir. Add coconut and cornflakes. Spoon onto waxed paper and form into nests. Decorate with 2-3 jelly beans in each nest. Make 16 nests. Cook on high.

CHOCOLATE PUDDING

- | | |
|---------------|-------------|
| ¼ c cocoa | 2 c milk |
| ¼ c sugar | 2 T butter |
| ¼ c cornflour | ½ t vanilla |

Mix cocoa, sugar and cornflour in a litre jug or glass bowl. Gradually add the milk. Add the piece of butter. Microwave on high for about 4 minutes, stirring thoroughly after 3 minutes. The pudding is cooked when it thickens and when signs of bubbles are just starting to appear on the surface.

COCONUT ICE

- | | |
|-----------------|----------------|
| 4 c icing sugar | 1½ c coconut |
| 100 g butter | 1 t vanilla |
| ¼ c milk | food colouring |

Grease a bowl. Place icing sugar in bowl. Cut butter and place on top. Pour over the milk. Microwave on full power 3 or 4 minutes or until bubbly. Remove from oven. Add coconut and vanilla. Beat well with a wooden spoon and spread in a tin.

COCONUT LEMON CAKE

2 eggs	100 ml milk
100 g coconut	100 g butter
150 g sugar	2 t lemon rind, grated
350 g self-raising flour	

Heat coconut and milk for 1 minute in a small bowl on high. Cool. Cream butter and sugar and add eggs one at a time. Beat well. Add flour, coconut and rind into the mixture. Put in a dish 20 cm square and cook on medium to low for 12 minutes. Stand in the dish for four minutes before turning out. Cover and leave to cool. Ice and sprinkle with coconut.

CREAMY CHICKEN CASSEROLE

1 kg chicken pieces	1 t dried basil
2 rashers bacon, chopped	2 bay leaves
2 onions, sliced	2 t chicken stock
2 cloves garlic, crushed	black pepper
1 T oil	2 T cornflour in 1 c milk
1 c white wine	milk or cream to thin
6 mushrooms, sliced	

Preheat browning dish for 6 minutes. Add oil and chicken pieces, skin side down. Microwave 3 minutes. Add bacon, onions, garlic and stir well. Cook further 5 minutes. Add remaining ingredients except thickening. Mix, cover and cook for 10 minutes. Add thickening mix and stir well. Cook 2 minutes longer. Thin to desired consistency with cream or milk. Check seasoning. Stand at least 5 to 10 minutes before serving.

CRUMBED SUGAR PUDDING

1¼ c flour	60 g butter
¼ t salt	⅓ c milk
1 egg	ground cinnamon
1¼ t baking powder	1 t vanilla essence

Stir together flour, baking powder and salt. Beat butter and sugar well. Add egg. Blend in flour, milk and vanilla. Put into dish suitable for microwave.

Crumb Topping:

¼ c flour	3 T butter
2 T sugar	¼ c nuts, chopped
½ t ground cinnamon	¼ c coconut

Rub butter into flour, sugar and cinnamon until mixture is crumbly. Stir in nuts and coconut.

Sprinkle pudding with crumb topping, and cinnamon. Cook covered in the microwave oven for 5 minutes or until a skewer inserted in centre comes out clean. If necessary turn dish around during cooking. 8 servings.

FISH FILLETS WITH LEMON

4 fish fillets
4 T lemon juice
30 g butter

1 spring onion
10 small butter mushrooms
salt and a shake of pepper

Place fish fillets in a casserole dish with lid. Salt and pepper the fish and dot evenly with the butter. Sprinkle evenly with the chopped spring onion, and washed, sliced mushrooms. Place lid on dish and microwave on full power for 4 to 6 minutes or until fish is tender.

FISH PIE

500 g potatoes
½ c milk
50 g butter
1 T flour
500 g flaked fish

2 hard boiled eggs, sliced
¼ c onion, chopped
1 T parsley, chopped
melted butter

Peel potatoes. Cut into quarters and place in a bowl with 3 T of water. Cover with plastic film. Make a hole in the top and cook for 10 minutes. Stir potato into different positions halfway through the cooking. Stand for 3 minutes. Drain. Add 2 T of the milk and 1 T of butter. Mash well together. Combine the rest of the butter and flour in a small bowl and heat for 30 seconds. Add remaining milk and stir. Cook 1 minute and beat well. Add fish, eggs, onion and parsley. Spoon into a 20 cm shallow casserole dish. Place mashed potato on top and brush with melted butter. Cook 4-5 minutes.

HAMBURGER PATTIES

450 g mince
1 small onion, chopped
1 slice of bread, cubed

1½ t mustard
1 t worcestershire sauce
1 t horseradish

Mix all ingredients and shape into 4 patties of approximately 8 cm in diameter. Place in a baking dish. Cover loosely and microwave 5 minutes. Turn dish ¼ turn. Microwave until done in 2-3 minutes. Each patty could be brushed with tomato sauce before cooking.

Makes 4 patties.

HEALTH BAR

3 T sesame seeds
½ c honey
¾ c peanut butter
2 T walnuts, chopped
3 c muesli

2 T wheatgerm
½ c almonds, chopped
⅓ c dried apricots, chopped
⅓ c dried apples, chopped
¼ c dessicated coconut

Spread the sesame seeds on a shallow glass or ceramic baking dish and toast in the microwave oven on the highest setting. Pour the honey into a large glass mixing bowl and heat to boiling point in the microwave oven. Add the peanut butter and chopped walnuts and cook for ½ minute. In another bowl combine the muesli, chopped almonds, apricots, apples, wheatgerm, coconut and toasted sesame seeds. Pour on the honey (hot) mixture and blend thoroughly. Press the mixture into a well buttered shallow glass or ceramic baking dish. Cook for 1 minute in the oven. Press down again and cover and cool for a couple of hours before cutting into bars.

HERBED POTATOES

3 or 4 medium potatoes
1 small onion, thickly sliced
2 T margarine or butter

2 t parsley, chopped
¼ t paprika

Make cuts across the potato about 1 cm apart. Do not cut all the way through. Place an onion slice in each cut. Cover and microwave until potatoes are almost tender for 4½ — 5½ minutes. Microwave margarine uncovered until melted for 30 seconds to 1 minute. Stir in the remaining ingredients and drizzle over the potatoes. Cover and microwave until potatoes are tender for about 4 — 5 minutes.

HOT ROAST SANDWICHES (For one)

2 slices bread
butter

sliced roast lamb
pinch of rosemary (optional)

Butter bread and arrange lamb on one slice. Sprinkle with rosemary. Cover with second slice of bread. Wrap sandwich in a paper towel and microwave on high for 1 minute.

JIFFY FONDUE (For two)

400 g can of condensed chicken soup
¼ c white wine

300 g cheese, cubed
1 clove garlic, chopped finely

In a one litre casserole mix together soup, wine and garlic. Add cheese cubes. Microwave on high for 3 to 4 minutes. Stir after 2 minutes. Serve immediately with crusty French bread for dunking.

LEMON HONEY

3 lemons
85 g butter

225 g sugar
3 eggs

In a suitable bowl place the juice and rind of the lemon, sugar and butter. High power for 3 minutes. Beat eggs and add to mix. Cook for 1 minute. Beat well and cook for a further 1 minute.

MERINGUES

1 egg white
250 g icing sugar

½ t vanilla

Beat egg white until thick and foamy. Beat in icing sugar and vanilla and beat until dry and tacky. Place half teaspoonfuls of mixture in patty cases. Cook 6 at one time in a circular pattern on high for 1½ minutes. Hundreds and thousands can be sprinkled on the mixture in patty cases before cooking.

MOCHA

- | | |
|--------------------------|------------------------------|
| 60 g easy melt chocolate | 1 c milk or light cream |
| 2 t sugar | 1 t vanilla |
| $\frac{1}{8}$ t salt | 4 T brandy or rum (optional) |
| 3 c hot regular coffee | |

Break the chocolate into small pieces and put into a 2 litre container. Melt the chocolate on the highest setting for 50 seconds. Stir in all the remaining ingredients. Heat on the highest setting for 5 minutes until piping hot.

MUESLI

- | | |
|---------------------------|--|
| $\frac{1}{3}$ c honey | $\frac{1}{2}$ c wheatgerm |
| $\frac{1}{2}$ c salad oil | $\frac{1}{2}$ c sunflower kernels |
| 4 c rolled oats | $\frac{1}{2}$ c pumpkin kernels |
| 1 $\frac{1}{2}$ c bran | $\frac{1}{2}$ -1 c dried dates and apricots, chopped |
| 1 c coconut | (optional) |

In a large plastic mixing bowl place honey and oil. Microwave on high power for 1 minute. Remove from oven and add remaining ingredients except nuts and fruit. Stir well to mix oil and honey through. Microwave on high power for 6 minutes (stirring well after 3 minutes). Add nuts and fruit. Stir well and microwave a further 3 minutes. Leave to cool before putting in a jar. Keeps well if it gets the chance!

PAELLA

- | | |
|-------------------------------------|--------------------------------------|
| 1 T oil | 1 onion, chopped |
| 2 cloves garlic, crushed | 2 c long grain rice |
| 3 c water | 1 t maggi chicken stock |
| 1 t saffron | 3 c mixed cooked chicken and seafood |
| 1 red and 1 green pepper, slivered | (mussels, shrimps, prawns etc) |
| $\frac{1}{2}$ c frozen peas | $\frac{1}{2}$ c salami, finely diced |
| 2 c tomatoes, remove seeds and chop | |

Cook onion and garlic in oil for 2 minutes. Add rice, water, stock and tumeric and cook covered 13 minutes. Leave to stand 6 minutes until rice absorbs most of the stock. Add remaining ingredients and cook further 5 minutes. Garnish with chopped peppers and parsley. Cooked rice can be frozen very easily, quickly defrosted and reheated in your microwave.

PORCUPINES

- | | |
|------------------------------|-------------------------------|
| $\frac{1}{2}$ c rice | $\frac{1}{2}$ t salt |
| 675 g minced meat | $\frac{1}{4}$ t ground pepper |
| 1 onion, very finely chopped | 1 T parsley, finely chopped |
| $\frac{1}{2}$ t maggi stock | 310 g tin tomato soup |
| $\frac{1}{2}$ t mustard | |

Wash the rice in a strainer and drain. Mix all ingredients except tomato soup together and form into golf ball sized balls. Place in a wide oven dish. Bring soup and an equal quantity of water to the boil and pour over meat balls. Cover tightly with gladwrap. Do not pierce gladwrap so that the rice steams. Occasionally remove wrap and turn meat balls. Cooking time approximately 20 minutes.

PUMPKIN SOUP

- | | |
|---|--------------------------------|
| 1 kg pumpkin (seeded and cut into wedges) | 1 t chicken stock |
| 1 T butter | 3 cloves garlic, crushed |
| 1 onion, chopped | ¼ t nutmeg |
| 3-4 c milk | black pepper and salt to taste |

Place pumpkin in large bowl with butter and onion. Microwave covered for 10-12 minutes. Remove from oven and leave covered while preparing milk mix. In a separate bowl or jug place milk and add remaining ingredients. Microwave for 5 minutes or until milk is at simmer point. Peel pumpkin and place in food processor with onion. Add milk mix and process until smooth. Season to taste. This soup freezes well.

RUSSIAN FUDGE

- | | |
|------------------|--------------------------------|
| 3 c sugar | 120 g butter |
| ½ c milk | pinch salt |
| 1 t vanilla | ½ tin sweetened condensed milk |
| 1 T golden syrup | 1 c chopped walnuts (optional) |

Place all ingredients except nuts in a large pyrex bowl or jug. Stir to mix and cook 15-17 minutes stirring well every 3 minutes. Remove from oven and beat until thick for approximately 5 minutes. Add nuts and pour into greased tin and cut when set.

SAVOURY COURGETTES

- | | |
|----------------|----------------------|
| 1 medium onion | ¼ c water |
| 4 courgettes | 100 g butter |
| 4 tomatoes | mixed herbs to taste |

Slice onion into rings. Slice courgettes and tomatoes finely. Layer vegetables in a casserole dish. Pour water over vegetables and dot with butter and sprinkle with herbs. Cover the dish loosely and cook on high for 5 minutes.

SIMPLE MACARONI CHEESE

- | | |
|-----------------------|--------------------------|
| 1 c uncooked macaroni | 2 eggs |
| 1 l hot water | 1 c milk |
| 2 c grated cheese | salt and pepper to taste |

Place the macaroni and water into a deep casserole. Cook in the microwave for 10 minutes and stir halfway through the cooking. Drain and rinse under hot water. Place a layer of macaroni in a baking dish and over with grated cheese. Repeat this process. Cover with beaten eggs, milk and seasonings. Cook covered for 8 minutes. Stir halfway through the cooking.

SPINACH SOUP

100 g butter	¼ c onion, chopped
350 g spinach, coarsely chopped	½ c parsley, chopped
1 T flour	2 c beef stock
1 c sour cream	dash of nutmeg

Melt butter for 1 minute in a 3 litre casserole. Add onion, spinach and parsley. Cook uncovered for 5 minutes, stirring once. Stir in flour and ½ c beef stock. Cook uncovered for 2 minutes. Puree the mixture with sour cream and the rest of the beef stock. Reheat with cover for 4 minutes in microwave.

STEAMED PUDDING

½ c flour	2 apples (not too large), grated
½ c brown sugar	2 T butter
½ c breadcrumbs	1 egg
½ c dried fruit	1 t baking soda
1 t mixed spice	½ c milk

Grease bowl lightly and place circle of paper in the base. Mix flour, sugar, crumbs, fruit, spice and apple. Place butter in a small bowl and microwave 30 seconds. Add egg and beat. Add to dry ingredients with soda mixed into milk. Mix well. Pour into prepared bowl and cover with gladwrap and pierce twice. Microwave 6 minutes at full power. Stand for 5 minutes. Serve with custard if desired.

Serves 4-6.

STEAMED RICE

1 c long grain rice	1 T margarine or butter
2 c water	

Combine all ingredients in a 1.5 litre casserole. Cover and microwave to boiling in 7-8½ minutes. Stir. Cover and microwave until rice is tender and liquid is absorbed for 3-5 minutes. Let stand 5 minutes.

Serves 4.

STUFFED FRANKFURTERS

6 frankfurters	2 T chopped bacon pieces
½ c grated cheese	tomato sauce

Split frankfurters down the centre. Stuff with mixed cheese and bacon. Arrange on a plate. Sprinkle with tomato sauce. Cook on medium for 5 minutes or on high for 3 minutes.

STUFFED TOMATOES

6 medium tomatoes	1 slice of fresh breadcrumbs
2 T margarine or butter	dash of pepper
2 T brown sugar, packed	

Cut a thin slice from the stem of end of each tomato. Scoop out the pulp. Chop enough pulp to measure 1 cup. Melt butter or margarine in an uncovered 3 cup bowl in the microwave for 30 seconds to 1 minute. Stir the tomato pulp, sugar, breadcrumbs and pepper. Spoon into the tomatoes. Microwave uncovered until warm for 2½-3 minutes.

SULTANA CAKE

100 g butter
1 c sultanas
1 c brown sugar
1 c milk

1 egg, beaten
½ t bicarbonate of soda
2 c self-raising flour

Place butter, sultanas, brown sugar and milk in heat resistant mixing bowl. Heat on high for 3-4 minutes and allow to cool. Add egg, soda and flour. Pour batter into a greased and lined 19 cm round dish. Cook on medium for 10-12 minutes. Allow to cool loosely covered with plastic wrap on a cake rack. Extra liquid can be added to ensure that the cake remains moist.

SUMMER RATAOUILLE

2 stick celery
2 zucchinis
1 onion
2 green peppers
6 large tomatoes

4 cloves garlic, crushed
2 t basil
2 t oregano
1 T brown sugar

Chop the vegetables and garlic and place in a large bowl. Add basil and oregano and brown sugar. Cook covered for 16 minutes and stand for 5 minutes. Serve hot or cold with steak or chicken or on its own as a lunch dish. It freezes well.

Serves 4-6.

SWEET SOUR MEATBALLS

500 g raw mince
2 slice thick bread, crumbled
1 onion, chopped
1 egg

¼ c milk
1 T tomato sauce
1 t worcestershire sauce
salt and pepper

Mix all ingredients together and make into 12 meatballs and place in a 20 cm round covered pyrex dish (1 l capacity). Cover and microwave at full power for 6 minutes. Drain fat and turn and rearrange meatballs.

Sauce: Mix in a jug:

2 T cornflour
340 g tin pineapple pieces
1 small green pepper, chopped (optional)

2 T brown sugar
1 T soy sauce
2 T vinegar

Microwave for 2 minutes, stirring once. Pour over meatballs and microwave uncovered for 5 minutes. Stand for 5 minutes and serve hot.

SWEETCORN AND TUNA TIMBALE

4 eggs
250 g cottage cheese
1 t salt
ground black pepper
185 g tin of tuna

300 ml cream
1 c grated cheese
2 T chopped parsley
450 g tin sweetcorn, creamed
½ c finely chopped mushrooms

Mix eggs, cheese, salt, pepper, cream and parsley. To half of this mixture add the sweetcorn and pour into a buttered microwave loaf tin or ring mould. To the remaining half of mixture add the tuna and mushrooms. Pour this mix over the sweetcorn mixture. Cook uncovered for 20 minutes at P.L.6 and stand for 5 minutes before serving. This recipe requires cooking at a lower power so as not to toughen the cheese. Sweetcorn and tuna can be substituted with pureed spinach or carrots.

BISCUITS



Chocolate Biscuits
Coconut Crunchies
Exhibition Biscuits
Gingernuts
Golden Biscuits
Honey Snaps
Malt and Sultana Biscuits

Oatmeal Biscuits
Overnight Malt Biscuits
Raisin Drops
Raspberry Drops
Slugs
Yo Yoes

CHOCOLATE BISCUITS

170 g butter
85 g icing sugar
230 g flour

2 T cocoa
vanilla essence

Cream butter and icing sugar. Add other ingredients. Mix together. Form into balls, and roll in castor sugar. Place on greased tray. Flatten with fork. Bake 175°C (350°F) for 20 minutes.

COCONUT CRUNCHIES

125 g butter
175 g sugar
1 egg
½ t vanilla essence

175 g flour
¼ t baking soda
¾ c coconut
50 g chocolate chips

Cream butter and sugar, egg and vanilla essence. Sift flour with baking soda twice. Work into the creamed mixture, add coconut and chocolate chips. Put out in spoonfuls on well-greased tray leaving space between each. Bake 12 minutes at 200°C (400°F). Remove carefully from the tray while still slightly soft and leave on rack to cool. NB: These biscuits spread during baking.

EXHIBITION BISCUITS

110 g butter
1 c flour
1 c wholemeal flour
¾ c sugar

¾ c coconut
1 t baking soda
pinch salt

Melt butter and add dry ingredients and enough milk to make a stiff dough. Roll out very thinly and cut into fingers. Grease tray and bake for 10-15 minutes at 170°C (350°F).

GINGERNUTS

100 g butter
1 T golden syrup
200 g sugar
1½ - 2 t ginger

1 egg
1 t baking soda
200 g flour
1 T golden syrup

Melt the butter in a medium-sized saucepan or bowl. Remove from heat as soon as it is melted. Stir in the syrup, add sugar, ginger and egg. Beat with fork until well mixed. Add the baking soda and mix thoroughly. Add the flour (it doesn't need sifting) and stir again thoroughly. Keeping your hands damp, form mixture into marble sized balls and place on lightly greased oven trays, with room for spreading. Bake one tray at a time at 180°C (350°F) for 10 minutes or until golden brown. Transfer to a rack, cool and store in airtight tins.

NB: If biscuits do not flatten as they cook you have been too generous with the flour. Use less next time.

GOLDEN BISCUITS

100 g butter	225 g flour
100 g sugar	½ c sultanas
1 T milk	½ c chopped nuts
2 t golden syrup	vanilla essence
½ t baking soda	

Melt butter, sugar, milk, syrup and soda in a saucepan. Turn off heat and allow to cool. Mix in remaining ingredients. Roll into small balls and press with fork. Bake at 160°C (325°F) for 15–20 minutes.

HONEY SNAPS

60 g honey	60 g flour
30 g sugar	1 t baking powder
60 g butter	½ t ground ginger

Melt butter, sugar and honey. Add other ingredients. Stir until smooth. Drop in teaspoon lots on to cold tray. Bake about 10 minutes at 190°C (380°F). Leave on tray a few minutes to cool.

MALT AND SULTANA BISCUITS

170 g butter	2 c flour
85 g sugar	large t baking powder
2 T malt	½ c sultanas
1 T golden syrup	

Cream butter and sugar. Add malt and golden syrup. Mix well and add dry ingredients. Put teaspoon lots on cold greased tray and flatten with fork. Bake at 175°C (350°F) for 12 minutes.

OATMEAL BISCUITS

225 g flour	110 g butter or dripping
110 g oatmeal	1 t baking powder
110 g sugar	1 egg
½ t ginger	milk
½ t cinnamon	

Rub butter into flour. Add the beaten egg and a little milk if necessary to mix to a stiff paste. Roll out very thin and cut into rounds. Bake in a moderate oven until a light brown.

OVERNIGHT MALT BISCUITS

225 g butter	4 c flour
1½ c sugar	1 T cocoa
2 eggs	1 t baking soda
3 T malt	

Cream butter and sugar. Beat in eggs, add malt, dry ingredients and soda. Roll in greaseproof paper and leave all night. Next day roll and cut to shape. Bake in moderate oven.

RAISIN DROPS

110 g butter
225 g flour
1 t spice
4 t golden syrup
4 t milk

$\frac{1}{2}$ t soda
 $\frac{1}{2}$ c sugar
 $\frac{1}{2}$ c raisins, sultanas, etc
vanilla essence

Cream butter and sugar. Add spice, vanilla essence, golden syrup, and milk and soda mixed together. Mix well. Mix in flour thoroughly and lastly mix in fruit. Roll into balls and press on a tray with a fork. Bake at 175°C (350°F).

RASPBERRY DROPS

185 g butter
90 g icing sugar
250 g flour

30 g cornflour
1 t vanilla

Cream butter and icing sugar and add dry ingredients. Roll into balls. Press hollow in centre. Cook in slow oven 150°C (300°F) for about 20 minutes. Remove from oven and place raspberry jam in the hollow. Return to oven for about 4 minutes.

SLUGS

225 g butter
170 g sugar
2 eggs
225 g flour

4 T coconut
1 t cream of tartar
 $\frac{1}{2}$ t baking soda

Cream butter and sugar. Add eggs and dry ingredients. Roll in coconut, flatten a bit, and bake in moderate oven at 175°C (350°F). When cold, ice together with pink butter icing.

YO YOEES

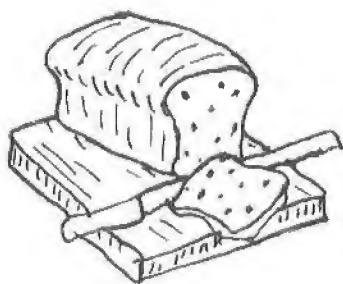
170 g butter
170 g flour
55 g icing sugar

55 g custard powder
vanilla essence

Cream butter and icing sugar. Add essence and dry ingredients. Roll into balls and flatten with a fork. Place on a greased tray and bake 20 minutes at 180°C (350°F). Allow to cool and stick together with raspberry jam or icing.

NOTES

SLICES AND SQUARES



Almond Square
Apricot Fingers
Caramel Square
Chinese Chews
Chocolate Caramel Square
Chocolate Chews
Chocolate Cream Slice
Chocolate Rough Cake
Cinnamon Squares
Coconut Ice Squares
Coffee Square
Custard Squares
Date Bars
Fruit Spice Squares

Ginger Fudge Cake
Ginger Slice
Ice Cream Slice
Lemon Shortcake
Mincemeat Slice (uncooked)
Mrs Urquhart's Slice
Peppermint Crunch
Prize Winner Shortbread
Rice Bubble Special
Rocky Mellow Square
Saturday Morning Square
Spice Jam Square
Wellington Squares

ALMOND SQUARE

170 g sugar	1 egg
170 g butter	280 g flour
pinch salt	60 g cornflour
1 t vanilla essence	1 t baking powder

Cream sugar, butter, salt, essence. Beat egg well. Add to mixture with dry ingredients. Press into roll tin and bake for 20 minutes in moderate oven. Make icing using almond essence and sprinkle with coconut.

APRICOT FINGERS

1 heaped c dried apricots, chopped	110 g butter
½ tin condensed milk	pinch salt
85 g brown sugar	1 packet biscuits, finely chopped

Melt butter, condensed milk and sugar. Add other ingredients. Mix well. Spread into sandwich tin. Sprinkle with castor sugar. Cut into fingers.

CARAMEL SQUARE

Base:

75 g butter	1 c sugar
2 egg yolks	½ t vanilla
salt	1½ c flour

1 t baking powder

Topping:

1 c brown sugar	2 egg whites
1 c walnuts, finely chopped	

For the base, cream butter and sugar. Add yolks and vanilla and dry ingredients. Press in sponge roll tin.

For the topping, beat sugar and egg whites. Fold in nuts. Spread on base, and bake at 180°C (360°F) for 30 minutes. Cool. Cut with hot knife.

CHINESE CHEWS

2 eggs	1 t baking powder
1 c brown sugar	¾ c chopped walnuts
75 g melted butter	¾ c chopped dates
1 t vanilla	¾ c preserved ginger
½ t salt	½ c rolled oats
1½ c flour	

Mix dry ingredients. Beat eggs and sugar. Add melted butter and vanilla and pour into dry ingredients. Lastly add fruit. Bake in square tin at 180°C (350°F) for 30 to 40 minutes. Cut while hot.

CHOCOLATE CARAMEL SQUARE

Base:

110 g butter	¾ c sugar
1 egg white	1 T syrup
1¼ c flour	1 T cocoa
½ t baking powder	

Topping:

2 T butter	2 T sugar
1 T golden syrup	½ tin condensed milk
1 egg yolk	

For the base, cream butter and sugar. Add egg white, syrup and dry ingredients. Cook in a swiss roll tin for 15 minutes.

Combine topping ingredients. Cook for 5 minutes and spread on cooked mixture and ice with chocolate icing.

CHOCOLATE CHEWS

leftover pieces of dry cake, biscuits, sweet loaves (sufficient to cover a roasting dish)	½ c coconut
1 c nuts	¼ c golden syrup, heated
sultanas, dates	1 T cocoa dissolved in ¼ c boiling water
	1 egg beaten

Put cake pieces in a roasting dish in oven and bake them till crisp and lightly browned. Crumble into small pieces. Place all ingredients into a big bowl and mix together thoroughly. Press onto oven tray about 1 cm in thickness and bake in slow oven (approx 150°C (300°F) for ½ hour. Ice when cold with a boiled caramel icing and cut into squares. The leftovers are now delicious chocolate chews.

CHOCOLATE CREAM SLICE

Base:

110 g butter	2 heaped t cocoa
110 g sugar	170 g flour
1 egg	1 t baking powder

Topping:

110 g butter	pinch cream of tartar
60 g sugar	vanilla
1 t gelatine dissolved in 3 T hot water	

For the base, cream butter and sugar. Add dry ingredients and egg. Press into a flat tin and cook for 30 minutes. When cold, spread with raspberry jam.

Combine topping ingredients and spread over the jam. Ice with chocolate icing.

CHOCOLATE ROUGH CAKE

Base:

115 g butter
200 g flour
2 t cocoa
pinch of salt

115 g sugar
½ c coconut
1 t baking powder

Topping:

1 c icing sugar
25 g melted butter
2 t cocoa

1 c coconut
¼ tin condensed milk
½ t vanilla

For the base, cream butter and sugar, add dry ingredients and press into shallow cake tin. Cook 15 minutes. Mix topping ingredient all together and pour over the cake while hot. Cut while warm.

CINNAMON SQUARES

110 g butter
110 g sugar
1 egg
1 T golden syrup

220 g flour
1 t baking powder
2 t cinnamon
2 t mixed spice

Cream butter and sugar, add egg, syrup, and finally sifted dry ingredients. Roll out on greaseproof paper on tray. Cook in quick oven, 175°C (350°F) for 15-20 minutes. Ice when cold and sprinkle with cinnamon. Cut into squares.

COCONUT ICE SQUARES

150 g butter
½ c sugar
1 c flour
1 c cornflakes

½ c coconut
2 T cocoa
1 t baking powder

Coconut topping:

25 g butter
4 T milk
2 T condensed milk

2 c icing sugar
2 c coconut

Lightly grease a sponge roll tin. Melt butter and add to dry ingredients. Press into prepared tin and bake in a moderate oven 180°C (350°F) for 15-20 minutes or until cooked.

For the topping, melt butter, add milk and condensed milk, icing sugar and coconut. Mix well. Quickly spread topping onto cooked biscuit base while still warm. Cut into squares.

NB: topping may be coloured pale pink with cochineal or heat T cocoa with milk and butter for chocolate topping.

COFFEE SQUARE

Base:

125 g butter	1 T coffee essence
½ tin condensed milk	125 g coconut
1 packet wine biscuits crushed	

Icing:

60 g butter	250 g icing sugar
1 T milk	1 T coffee essence
1 t vanilla	1 T custard powder

For the base, melt butter, add coffee essence and condensed milk. Add coconut and biscuits. Mix all together. Press into sponge roll tin. For icing, melt butter and add remaining ingredients.

CUSTARD SQUARES

24 cream crackers	2 heaped t cornflour
3 c milk	1 T custard powder
110 g butter	110 g icing sugar
2 t vanilla	

Line a sponge roll tin with 12 crackers. Heat the milk, butter and vanilla. Thicken with cornflour, custard powder and icing sugar. Boil and beat until thick. Spread on biscuits and cover with another 12 biscuits. Ice when cold.

DATE BARS

125 g butter	1 t baking powder
125 g sugar	a few stoned dates
few drops lemon essence	a few blanched almonds
2 egg	2 t milk
225 g flour	

Cream butter and sugar. Add lemon essence. Add well beaten eggs alternately with sifted dry ingredients. Lastly add milk. Spread less than half of the mixture in a greased shallow tin. Cover with dates and almonds. Put remainder of mixture on top and bake 30–40 minutes at 180°C. When cold ice with chocolate icing and decorate with dates and almonds. Cut into bars.

FRUIT SPICE SQUARES

Base:

125 g butter	1 t baking powder
1 c sugar	2 T milk
2 c flour	

Topping:

200 g sultanas	1 good t butter
½ c sugar	1 t cinnamon
½ c water	1 t mixed spice
1 good t flour	1 t cocoa

For the base: Cream butter and sugar. Add other ingredients. Press $\frac{2}{3}$ of mixture into greased swiss roll tin.

Boil all topping ingredients together. Cook and spread on top of the base. Crumble last $\frac{1}{3}$ of first mixture on top. Bake in moderate oven.

GINGER FUDGE CAKE

110 g butter
4 T condensed milk
½ c brown sugar

1 packet wine biscuits, roughly crushed
1 t ground ginger
½ c chopped walnuts

Melt butter, condensed milk and sugar over a very low heat, stirring constantly until sugar dissolves and mixture thickens. Add biscuits, ginger and walnuts and mix well. Press into a swiss roll tin and leave in refrigerator to set. Ice with butter icing flavoured with lemon juice, and cut when set.

GINGER SLICE

Base:

125 g butter
125 g sugar
2 t golden syrup
1 egg
¼ t ground ginger

½ c sultanas
1 large c flour
1 t baking powder
pinch salt

Topping:

1 T golden syrup
2 T butter
2 T milk

1 c white sugar
1 t ground ginger

Cream butter and sugar. Add golden syrup. Beat. Add other ingredients. Press into a roll tin and bake 170°C (340°F) for 25 minutes. Boil icing ingredients for a few minutes. Cool a little and beat until thick. Spread on slice while still hot and cut into fingers when cold.

ICE CREAM SLICE

Base:

110 g butter
½ c sugar
¾ c coconut

2 t cocoa
1 c flour
1 t baking powder

Topping:

1½ T butter
1½ c icing sugar
1½ T condensed milk

1½ c coconut
3 T milk

For the base: Melt the butter and pour over dry ingredients. Press in a tin. Bake in a moderate oven for 20 minutes. For icing, melt butter and add remaining ingredients. Mix well. Ice while hot, and cut when cold.

LEMON SHORTCAKE

Base:

110 g butter

85 g sugar

1 egg

225 g flour

1 t baking powder

Topping:

½ tin condensed milk

1 T golden syrup

1 egg

60 g butter

1 T flour

rind and juice of two lemons

Cream butter and sugar, add egg, and dry ingredients. Spread half of mixture in sponge roll tin. Mix filling ingredients in a saucepan. DO NOT BOIL. Allow to cool before spreading over base. Roll out remaining dough and place over filling. Bake at 160°C (325°F) for 25 minutes. Ice when cold with vanilla icing. Sprinkle with coconut, if desired.

MINCEMEAT SLICE (Uncooked)

50 g very soft butter

1 c christmas mincemeat

1 c wine or malt biscuits, finely crumbled

½-1 packet almond flavoured icing

Soften butter, but do not melt it to liquid. Stir christmas mincemeat and biscuit crumbs into it and mix until evenly combined. Roll out the almond paste on a board sprinkled with icing sugar. Roll to whatever thickness you like. Spread the filling over half the almond icing and cover with the remaining almond icing. You can ice the top with icing made by mixing ½ c icing sugar with 1 t softened butter and adding brandy until it is of spreading consistency. Press almonds or halved cherries into the icing if desired. Chill uncovered in the fridge for 1-2 hours and cut into small pieces. Keep in a covered container in the fridge until required.

MRS URQUHART'S SLICE

100 g butter

1 c brown sugar

1 good T cooking malt

1 good T condensed milk

1 c coconut

1 c fruit or fruit and nuts

1 cup rice bubbles or similar

1 packet crushed malt biscuits

Boil butter, sugar, cooking malt and condensed milk together slowly for 2-3 minutes. Remove from heat and add all other ingredients. Mix well and press very firmly into sponge roll tin. Ice with chocolate icing and cut into fingers.

PEPPERMINT CRUNCH

110 g butter

3 weetbix, crushed

1 t baking powder

85 g sugar

140 g flour

1 T cocoa

Mix dry ingredients. Add melted butter and press into tin. Bake at 185°C (375°F) for 15 minutes. Ice with white icing flavoured with peppermint while warm. Ice with chocolate icing when cold, cut into fingers.

PRIZE WINNER SHORTBREAD

225 g butter

1½ c flour

110 g icing sugar

1 c cornflour

Beat butter and sugar well. Add sifted dry ingredients. Roll out and cut into pieces and decorate edges with a fork.

RICE BUBBLE SPECIAL

Base:

4 c rice bubbles

225 g icing sugar

225 g kremalta

2 t cocoa

Caramel:

60 g butter

1 t syrup

1 egg yolk

2 t sugar

½ tin condensed milk

Put half base mixture in sandwich tin. Place in fridge to harden, and keep the remainder warm. Boil caramel ingredients for 5 minutes. Pour over first half of mixture. Put remainder of rice bubble mixture over caramel. Place in fridge until set. Cut and leave in fridge all the time.

ROCKY MELLOW SQUARE

Base:

¾ c sugar

1 T cocoa

1 t baking powder

¾ c coconut

3 crushed weetbix

vanilla

1 c flour

175 g butter

Marshmallow:

1 c sugar

1 c boiling water

1 T gelatine

pink colouring

Place all dry ingredients for the base in a bowl. Melt butter and mix with dry ingredients. Press into lightly greased sponge roll tin and bake at 160°C (325°F) for 20 minutes only. When square is cold, make marshmallow. Beat until setting, spread over square and sprinkle with coconut. When set cut with wet knife.

SATURDAY MORNING SQUARE

100 g butter

1 c currants

1 tin condensed milk

1 packet wine biscuits

Melt butter and condensed milk. Add currants to the crushed wine biscuits. Cook ½ hour. Ice if desired.

SPICE JAM SQUARE

250 g butter
1 T golden syrup
1 c brown sugar
2 eggs
2½ heaped c flour

2 t baking powder
pinch salt
2 t cinnamon
1 t ginger
¼ t nutmeg

Cream butter and sugar, add eggs and golden syrup. Add sifted dry ingredients. Place in a sponge roll tin and bake 30-35 minutes at 175°C (350°F). When cooked split in half and spread raspberry jam in centre. Place top back on and ice with lemon butter icing.

WELLINGTON SQUARES

Base:

250 g solid vegetable shortening
1 T carob or cocoa
1 c icing sugar

1 c coconut
4 c sanitarium rices

Caramel Filling:

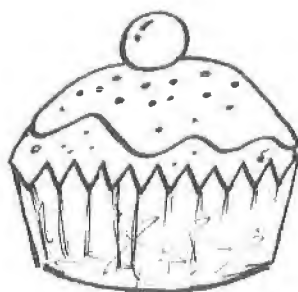
200 g condensed milk (½ tin)
2 T golden syrup
50 g butter

½ c brown sugar
½ t vanilla

Place all the caramel filling ingredients in a saucepan. Caramelize and boil 1 minute. Set aside.

Melt vegetable shortening in double boiler or over boiling water. Pour over the rest of the ingredients and mix well. Spread half of this mixture into a sponge roll tin. Chill. Keep other half of mixture over warm water to prevent setting. When first half of mixture is set, spread with caramel filling. Top with rest of mixture, previously standing over hot water. Refrigerate until set. Cut into squares.

SMALL CAKES



Banana Cheese Cakes
Caramel Tarts
Cherry Cakes
Cinnamon Oysters
Cream Puffs
Doughnuts
Fruit Puffs
German Kisses
Hungarian Kisses
Jaffa Pinwheels

Kisses
Melting Moments
Monte Carlos
Neenish Tarts
Queen Cakes
Rice Cakes
Sugar Buns
Super Shortcake
Welsh Cakes
Yo Yo's

BANANA CHEESE CAKES

packet of pastry	1½ c flour
115 g butter	½ t baking soda
170 g sugar	2 t baking powder
2 eggs	3 T milk
2 well-mashed bananas	

Line patty tins with thinly rolled pastry cut into rounds. Place a little raspberry jam in each one. Sift flour, baking soda and baking powder. Cream butter and sugar. Add eggs one at a time. Beat well. Add mashed bananas dry ingredients and milk. Put a heaped teaspoon of mixture in each patty tin. Bake at 170°C (325°F) for about 15 minutes.

CARAMEL TARTS

1 tin of sweetened condensed milk	100 g icing sugar
250 g flour	1 egg
200 g butter	

Place condensed milk in a saucepan of water and simmer on top of stove for 3 hours. Mix all other ingredients together. Roll out and cut to fit patty pans. Cook at 180°C (360°F) for 20 minutes. DO NOT remove from tin until cold. Fill with caramel.

CHERRY CAKES

110 g butter	1 t baking powder
110 g castor sugar	pinch salt
2 eggs	2 T milk
200 g flour	110 g cherries, chopped

Cream butter and sugar. Add eggs, dry ingredients and cherries. Lastly add milk. Bake in oven at 190°C for 15 minutes.

CINNAMON OYSTERS

2 eggs	1 t cinnamon
85 g sugar	½ t ground ginger
2 t golden syrup	½ t baking soda
60 g flour	

Beat egg and sugar until thick. Add golden syrup. Beat again, and fold in sifted dry ingredients. Put in small spoonfuls in greased patty tin. Bake 10-12 minutes at 200°C (400°F). When cold, split and fill with whipped cream.

CREAM PUFFS

110 g butter	170 g flour
280 ml water	4 eggs
½ t salt	

Put butter, water and salt in a saucepan and bring to the boil. Quickly add the flour and stir until it leaves the sides of the saucepan. Cool. Add the eggs, one at a time, beating well after each egg. Drop spoonfuls on a greased tray and cook for ½ hour at 200°C (400°F).

DOUGHNUTS

30 g sugar	1 raised t baking powder
1 egg	¼ t salt
30 g butter	a little milk
110 g flour	

Beat egg and sugar together. Rub butter into flour. Add salt and baking powder. Mix in egg and sugar. Add sufficient milk to make a fairly stiff dough. Roll out and cut into rounds and fry in smoking hot fat. Serve hot with maple syrup. For chocolate doughnuts, add 2 T of Bournville Cocoa.

FRUIT PUFFS

Puff Cases:

140 ml cold water	85 g flour
60 g butter	2 large eggs

Filling:

Whipped cream	fruit (strawberries, raspberries or tinned fruit such as mandarins)
---------------	--

Icing:

60 g energy chocolate or ½ pkt chocolate chips	2 T milk 100 g icing sugar
---	-------------------------------

Use a greased oven tray for baking. Heat water, butter, and a pinch of salt in a saucepan. When boiling, add flour all at once. Remove from heat and beat very thoroughly. Cool. Beat in eggs a little at a time. Place in spoonfuls well apart on greased tray and bake at 200°C (400°F) for 40 minutes or until well risen and firm. Remove to a cooling rack. Cut off tops to allow steam to escape. Fill puff cases with cream and fruit.

Ice tops with icing: Chop chocolate coarsely. Put into basin with milk and warm over hot water to melt chocolate. Stir thoroughly, and gradually beat in sufficient icing sugar. When icing reaches required consistency, use immediately.

GERMAN KISSES

50 g butter	2 t mixed spice
¾ c sugar	1 t cocoa
1 egg	½ t bicarbonate soda, in 2 T milk
1½ c flour	1 t baking powder

Cream butter and sugar. Add egg, soda and milk, and lastly dry ingredients. Put in spoonfuls on greased tray. When cold, join with raspberry jam and ice top with a little chocolate icing. Bake in a moderate oven.

HUNGARIAN KISSES

140 g butter	225 g flour
85 g sugar	1 egg
1 t baking powder	1 t cocoa

Cream butter and sugar. Add egg and dry ingredients. Roll into balls and put a piece of chocolate in the centre. Place on tray and bake in a moderate oven for 10-15 minutes.

JAFFA PINWHEELS

1¼ c flour
¼ t baking powder
pinch salt
120 g butter
1 t grated orange rind
¾ c sugar

1 egg
1 T orange juice
2 T dark chocolate, or 2 t cocoa
orange food colouring
milk

Sift flour, baking powder and salt. Cream butter with orange rind until light. Gradually beat in sugar to form a soft fluffy mixture. Beat in the egg. Stir in sifted dry ingredient with the orange juice. Divide dough in half. Add melted chocolate or cocoa to one half. Wrap each portion in wax paper and chill for one hour. Roll cocoa portion to a rectangle, 20×17 cm and an orange portion also. Brush orange dough with a little milk. Place cocoa dough on top with edges together at the back. Roll up as for swiss rolls. Wrap up in wax paper and chill overnight.

KISSES

125 g butter
125 g sugar
2 eggs

125 g flour
125 g cornflour
1 t baking powder

Cream butter and sugar well. Add eggs one at a time and beat again. Add sifted dry ingredients. Put small spoonfuls on greased trays and bake 8–10 minutes at 200°C (400°F). When cold, put together with raspberry jam and sprinkle with icing sugar.

MELTING MOMENTS

125 g butter
25 g icing sugar
50 g flour

50 g cornflour
½ t baking powder

Cream butter and sugar and work in other ingredients. Roll into small balls. Place on cold greased trays. Press down each biscuit with a fork. This mixture may be put through a forcer. Bake about 20 minutes at 180°C (350°F). Put together with raspberry jam or orange or lemon filling.

NEENISH TARTS

Base:

100 g butter
100 g sugar
1 egg

100 g flour
1 t baking powder
pinch salt

Filling:

4 T butter
4 T icing sugar

4 T sweetened condensed milk
4 t lemon juice

Cream butter and sugar. Add egg and beat well. Mix in sifted dry ingredients. Knead well. Roll out and line patty tins. Prick and bake about 10–15 minutes to 180°C (350°F).

To make fillings: soften butter, add sifted icing sugar, condensed milk and lemon juice. Fill the cases. When set, ice half the top with white icing and half with chocolate icing.

MONTE CARLOS

Cake Mixture:

185 g butter or substitute
½ c sugar
1 egg
1 t vanilla

1¼ c self raising flour
¾ c plain flour
½ c coconut

Filling:

60 g butter or substitute
¾ c icing sugar
2 t milk

raspberry jam
½ t vanilla

Cream butter and sugar until light and fluffy. Add egg and vanilla. Beat well. Add the sifted dry ingredients and the coconut and mix well. Roll teaspoonfuls of mixture into balls, and put on lightly greased trays. Gently press down with fork and rough up surface with back of fork. Bake in moderate oven 10-15 minutes or until golden brown. Remove from oven and place on a wire rack to cool.

To make filling: cream butter and sifted icing sugar, until light and fluffy. Add vanilla and milk gradually, and beat well. Put a teaspoon of jam and a teaspoon of prepared filling in centre of half the biscuits. Top with remaining halves and press together lightly.

QUEEN CAKES

125 g butter
125 g sugar
2 eggs

175 g flour
1 t baking powder
50 g sultanas or currants

Cream butter and sugar. Beat eggs until thick and add alternately with sifted flour and baking powder. Add cleaned sultanas with last of flour. Put mixture into greased patty tins. Bake 10-12 minutes at 200°C (400°F).

RICE CAKES

100 g butter
100 g sugar
½ c ground rice
1 c flour

½ c milk (approx)
1 heaped t cake baking powder
pinch salt

Cream butter and sugar. Add sifted dry ingredient alternately with milk. Bake in paper cases or greased patty tins 12-15 minutes at 200°C (400°F).

SUGAR BUNS

½ c sultanas
¾ c sugar
60 g butter
¾ c milk

2 c flour
2 raised t baking powder
1 egg

Cream butter and sugar. Add the egg. Add dry ingredients and milk alternately. Put spoonfuls on a greased tray and bake 200°C (400°F) for 10-15 minutes. Sprinkle top with sugar before cooking if desired.

SUPER SHORTCAKE

375 g butter
190 g icing sugar
1 egg
600 g flour

1 t baking soda
2 t cream of tartar
½ t salt

Cream butter and sugar. Add egg, and dry ingredients. Knead, and put into shape or roll. Cover with waxed paper and keep in fridge. This can be used for any shortcake recipes, fruit pies or shell cases. Handy to have in the fridge.

WELSH CAKES

125 g sugar
250 g flour
125 g butter
250 g currants (optional)

1 egg
pinch salt
milk and water to mix

Mix together butter, flour and all dry ingredients. Add beaten egg and milk to make a stiff dough. Knead gently and roll out to a thickness of 1 cm. Cut with pastry cutter and cook on a greased griddle over medium heat until a golden brown each side. Sprinkle with castor sugar and serve hot or cold.

YO YO'S

170 g butter
60 g icing sugar
170 g flour

60 g custard powder
vanilla essence (few drops)

Cream butter and sugar. Add essence, and dry ingredients. Put through forcer or roll into balls and flatten with a fork. Place on cold greased trays. Bake 20 minutes at 175°C (350°F).

Butter filling:

1 T butter
6 T icing sugar

1 T custard powder

To make filling soften butter, add icing sugar and custard powder. Put Yo Yo's together with butter filling.

NOTES

LARGE CAKES



Apricot Tea Cake
Arañy Spice Cake
Banana Carrot Cake
Carrot and Coconut Bread
Carrot Cake
Celebration Cake
Cherry Cake
Chocolate Cake
Coconut Bread
Ginger Cake

Lemon Cake
Lolly Cake
Madeira Cake
Moist Chocolate Cake
Never Fail Butter Sponge
Quick Mix Butter Cake
Simple Nut Cake
Spicy Sponge
Walnut, Carrot and Raisin Loaf
Whizz Chocolate Cake

APRICOT TEA CAKE

2 c self raising flour
1 t baking powder
2 T castor sugar
125 g butter
½ c milk

450 g can apricots, drained
½ c brown sugar
½ t cinnamon
2 T butter, melted

Sift flour with baking powder and castor sugar. Rub in butter and add milk to make a soft dough. Put dough in ungreased swiss roll tin. Arrange apricots in rows across dough. Sprinkle with brown sugar and cinnamon mixed together. Drizzle melted butter over this. Bake at 220°C (425°F) for 25 minutes.

ARABY SPICE CAKE

175 g soft butter
1½ c sugar
3 eggs
1⅞ c flour
¼ t baking powder
½ t baking soda
¾ t salt

¾ t nutmeg
1 t cinnamon
2 T cocoa
1 t vanilla essence
¾ c milk
½ c nuts (optional)

Icing:

3-4 T soft butter
1½ c icing sugar
1 t cinnamon

1 t instant coffee
2 T cocoa
1-2 T hot water

Cream butter and sugar well. Add eggs and beat well. Add dry ingredients alternately with milk. Add nuts. Put into a 32×23 cm greased and lined tin. Bake 45 minutes at 180°C (350°F). For the icing add dry ingredients to butter. Mix to spreading consistency with hot water. Ice cake and decorate with chopped nuts if desired.

BANANA CARROT CAKE

½ c butter
¾ c firmly packed brown sugar
2 c wholemeal flour
¼ t salt
1 c grated carrot
½ t baking powder

½ t cinnamon
2 eggs
1 t baking soda
3 ripe bananas — mashed
½ c raisins

Cream butter and sugar. Beat eggs in one at a time. Blend flour, baking soda, baking powder, cinnamon and salt in a bowl. Add to butter mixture alternately with banana. Fold in the carrot and raisins. Pour into 22 cm tin and bake at 180°C (350°F) for 40-45 minutes or until done. Cool 10 minutes before turning out onto wire rack.

CARROT AND COCONUT BREAD

2 c carrot, finely shredded	2 c flour
1 c walnuts or any nuts, chopped	½ t salt
3 eggs	1 t baking soda
½ c salad oil	1 t baking powder
1 t vanilla	1 t cinnamon
2 c coconut	¾-1 c sugar, according to taste.
1 c raisins	

Shred the carrot and chop the nuts. Beat eggs in a very large bowl until light in colour. Stir in salad oil, vanilla, coconut, raisins, carrots and nuts. Mix until blended. Sift flour, salt, baking soda, baking powder and cinnamon and add sugar. Stir dry ingredients into first mixture. When well blended, spoon soggy mix into a buttered and floured loaf tin (10×25 cm), and bake at 180°C (350°F) for 1 hour. Remove loaf from tin, wrap it in a tea towel and stand it on a cake rack to air.

This makes a very interesting loaf which keeps for ages in foil in the fridge. This helps to improve the flavour, too.

CARROT CAKE

1 c wholemeal flour	2 t cinnamon
1 c flour	1 c cooking oil
2 t baking soda	4 eggs, beaten
2 c raw sugar	3 c carrot, finely grated
¼ t salt	

Icing:

100 g cream cheese	1 t vanilla essence
50 g butter	1 c chopped nuts
2 c sifted icing sugar	

Sift and mix dry ingredients. Add oil and stir well. Stir in beaten eggs. Add carrot. Mix thoroughly. Grease the sides of 25 cm square cake tin and line the bottom with greaseproof paper. Pour mixture into prepared tin. Bake at 180°C (350°F) for 1 hour or until cooked. When the cake is cold, ice with the above icing, made by beating all the ingredients together thoroughly, or ice with lemon icing, if preferred.

CELEBRATION CAKE

3 egg whites	125 g dried fruit
½ c sugar	125 g chocolate chips
50 g chopped almonds	50 g ground almonds

Beat whites and sugar well. Add remaining ingredients. Bake for 40 minutes at 160°C (325°F) in a 20 cm tin lined with foil. Top with cream and chocolate.

CHERRY CAKE

250 g butter	250 g sultanas
175 g sugar	125 g mixed peel
4 eggs	125 g crystallised cherries
350 g flour	125 g blanched almonds
1 t baking powder	half wine glass brandy

Cream butter and sugar. Beat in eggs one by one. Add sifted flour and baking powder. Mix fruit and brandy. Bake 1½ to 2 hours at 160°C (325°F).

CHOCOLATE CAKE

2 c flour	4 eggs
2 c sugar	5 T cocoa
1 c milk	170 g melted butter
4 t baking powder	2 t vanilla

Place all ingredients in a bowl and beat well. Put in greased, lined tin and bake at 175°C (350°F) for 45 minutes. For coffee cake substitute instant coffee for cocoa.

COCONUT BREAD

1 small c coconut	1 t baking powder
1 small c sugar	pinch salt
1 c flour	$\frac{3}{4}$ c milk

Mix dry ingredients and stir in milk. Bake in a loaf tin 175°C (350°F) for $\frac{3}{4}$ hour.

GINGER CAKE

2 c flour	pinch salt
1 c sugar	$\frac{3}{4}$ c milk
1 t baking powder	1 egg
4 t ginger	1 c golden syrup
1 t cinnamon	1 c butter, melted
1 t spice	

Put all dry ingredients in a bowl. Mix with knife. Put golden syrup and milk in saucepan and warm until mixed together. Add dry ingredients, beaten egg and lastly melted butter. Bake for 1 hour at 160°C (325°F).

LEMON CAKE

Base:

125 g butter	2 t baking powder
$\frac{1}{2}$ c sugar	1 egg
2 c flour	

Filling:

1 c water	$\frac{1}{4}$ c custard powder
1 c sugar	1 T butter
2 lemons, grated rind and juice	

Cream butter and sugar. Add egg and sifted dry ingredients. Press half the mixture into sponge roll tin. Boil water, sugar and grated lemon rind. Thicken with custard powder mixed with the juice of the 2 lemons. Boil 1-2 minutes. Add butter and leave to cool. Pour the filling onto the base and roll the other half of the base out and carefully put onto filling. Bake at 175°C (350°F) for 20-30 minutes.

LOLLY CAKE

100 g butter
1 packet malt biscuits
¼ c coconut

½ tin condensed milk
1 packet fruit puffs

Melt the butter in a saucepan. Add condensed milk and warm. Crush malt biscuits with a rolling pin. Cut fruit puffs into pieces and add to crumbs. Shape and roll in coconut. Wrap in tin and chill for about 4 hours.

MADEIRA CAKE

4 eggs
250 g sugar
2 c cornflour

2 t baking powder
250 g boiling butter
essence

Beat egg whites until stiff. Add yolks. Beat well and add sugar and beat until thick. Add remaining ingredients. Beat again. Add essence. Bake in a 20 cm tin for 45 minutes at 180°C. Butter must be boiling or cake will not turn out.

MOIST CHOCOLATE CAKE

170 g butter
2 eggs
1½ c milk
2 c flour
2 T cocoa
pinch salt

170 g sugar
2 T golden syrup
1 t vanilla
2 t baking powder
1 t baking soda

Cream butter and sugar. Beat eggs and golden syrup. Sift together flour, cocoa, salt and rising agents. Mix vanilla into milk and add dry ingredients alternately with milk. Bake in greased tin 200°C (400°F), reducing to 175°C (350°F) when well risen, for 40–50 minutes.

NEVER FAIL BUTTER SPONGE

3 eggs
¾ c sugar
½ c flour
½ c cornflour

2 t baking powder
2 t butter
3 T milk

Beat eggs. Add sugar and beat until light and fluffy. Fold in flour, cornflour and baking powder. Lastly add butter and milk, which have been boiled together. Bake in sponge tin at 200°C (400°F) for 20 minutes.

To make Lamingtons: Cook this mixture in sponge roll tin. Cut into small squares and put into deep freeze. When frozen take out and dip in chocolate icing and roll in coconut.

PINEAPPLE CAKE

125 g butter	1 t baking soda
1 c sugar	2 chocolate sante bars melted
2 eggs, well beaten	1 t vanilla
½ t salt	grated rind of 1 orange
500 g can crushed pineapple	2 c flour

Filling:

1 T lemon juice	½ c chopped nuts
1 T chopped raisins	icing sugar

Cream butter, sugar and add eggs, grated orange rind, ¾ of crushed pineapple with juice. Fold in flour, salt and soda sifted together. Add melted chocolate and vanilla essence. Mix well. Spoon into two greased 19 cm tins or 3 greased 16 cm tins. Bake at 175°C (350°F) for 45-50 minutes. When cold join together with filling.

To make filling mix together all ingredients and last ¼ of crushed pineapple (well drained) to a spreading consistency with required amount of icing sugar.

QUICK MIX BUTTER CAKE

1 heaped c self raising flour	milk
1 small c sugar	pinch of salt
2 eggs	60 g butter

Sift the flour, sugar and salt into a bowl. Stand butter in measuring cup, in hot water, to melt. Add eggs to the measuring cup and fill with milk up to '1 cup' mark. Pour into flour mixture and beat for 2 minutes. Cook ½ hour at 180°C (350°F). NB: Any flavour can be used. Also can be used for cup cakes. Makes a great Banana or Carrot Cake.

SIMPLE NUT CAKE

125 g butter	2 T raisins
1 c flour	1 c chopped walnuts
1 c rolled oats	1 T golden syrup
1 c brown sugar	1 c milk
1 c coconut	½ t vanilla
2 t baking powder	icing sugar

Cut butter into flour until it resembles fine breadcrumbs. Add rolled oats, sugar, coconut, baking powder, raisins and nuts. Mix syrup with milk. Add vanilla. Pour liquid into dry ingredients, and beat well. Pour into 20 cm greased and lined tin. Bake 150°C (300°F) for about 1-1½ hours. Dust with icing sugar when cold.

SPICY SPONGE

4 eggs	¾ c sugar
2 t golden syrup	4 t flour
2 t spice	½ c cornflour
1 t cinnamon	1 t baking powder

Beat egg whites stiff. Add yolks, syrup and sugar. Add dry ingredients. Bake 12 minutes at 200°C (400°F). Fill with mock cream and dust with icing sugar.

WALNUT, CARROT AND RAISIN LOAF

2 c flour	2 large eggs
3 t baking powder	1 ½ c carrot, finely grated
1 t salt	rind of one lemon, finely grated
¾ c sugar	1 c walnuts
⅔ c oil	1 c raisins

Sift flour, baking powder and salt. Beat sugar, oil and eggs together. Stir in grated carrot and lemon rind. Add flour mixture. Set aside 3 T of walnuts for top of loaf. Stir remaining nuts and raisins into mixture. Place in greased and lined loaf tin and sprinkle with the reserved nuts. Bake at 180°C (360°F) for about one hour.

WHIZZ CHOCOLATE CAKE

2 c sugar	2 t baking soda
2 eggs	1 ½ t vanilla
1 c sour milk or plain yoghurt	¼ t salt
¾ c cocoa	3 c self raising flour
225 g soft butter	1 c boiling strong coffee

Put all ingredients into cake mixer. Beat for 1 minute. Turn into a greased sponge roll tin. Bake at 160°C (325°F) for 20-30 minutes until cake is springy to touch and shrinks from the sides of the tin. Cool before completely icing and decorating as desired.

NOTES

NOTES

NOTES